



**West Branch  
Specialty Fee Based Trainings  
Pre-registration is required for all classes!**

## Winter Schedule

Jan 16 – March 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>
<b>5:00-5:45 F.I.T</b>		<b>5:30-6:15 F.I.T</b>		<b>8:15-9:00 Bosu Training</b>	<b>7:00-7:45 F.I.T</b>
<b>8:30-9:15 F.I.T</b>	<b>9:15-10:00 TRX HIIT</b>	<b>8:30-9:15 F.I.T</b>		<b>9:00-9:45 F.I.T</b>	
<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>
<b>5:30-6:15 Boxing</b>		<b>5:30-6:15 F.I.T</b>			
<b>6:30-7:15 F.I.T</b>		<b>6:30-7:15 Boxing</b>			

<p><b>F.I.T.</b></p>	<p>This 45 minute functional fitness class utilizes boot camp, and HIIT training styles. Bodyweight exercises, cardio, strength training, plyometrics, and many other forms of exercise are included. No two classes are ever the same. All fitness levels are welcome.</p>
<p><b>Bosu Training</b></p>	<p>This is a 45 minute small group training class that includes high intensity cardio bursts, resistance training and focuses on strength and agility exercises using TRX Suspension System, Bosu and Stability Balls.</p>
<p><b>TRX HIIT</b></p>	<p>This 45 minute small group training class includes body weight resistance training, core strengthening and cardio bursts. The TRX Suspension system, Bosu Balls and stability balls will be used. Class is limited to eight participants so don't miss out!</p>
<p><b>Boxing</b></p>	<p>Whether a beginner or a pro fighter, this class offers the opportunity to achieve your fitness goals and learn the art of boxing. You will learn the fundamentals in footwork, punching, defense and conditioning through a variety of different drills all geared towards enhancing your skills as a boxer. (bag work, mitt work, agility training, light sparring and strength training.)</p>
<p><b>Yoga for Osteoporosis</b></p>	<p>Osteoporosis is the condition associated with fractures. In the US alone, there is an estimated 2 million fractures from Osteoporosis, a number that continues to rise as our population ages.</p> <p>Yoga has been proven to prevent and reverse osteoporotic bone loss safely. Join us and build back confidence, balance, and bone to prevent a fracture.</p>