



## November 2024/ UNIVERSTIY PLACE COED GROUP TRAINING SCHEDULE

	Sunday		Tuesday	Wed	Thursday	Friday	Saturday
9:00 am		Bootcamp Tyler	Circuit Aaron	Bootcamp Tyler	Circuit Aaron	BootyCamp Madalene	Bootcamp Eddie
10:00 am				Kickbox Circuit Katie*			
5:00 pm			KidFit Eddie	Bootcamp Jay	KidFit Eddie		
6:00 pm		Bootcamp Donna	Circuit Mandy				
7:00 pm		Core Blast Madalene					

### Class Descriptions:

**Bootcamp** – Open to all fitness levels. A total body workout guided by our Coaches who will lead to push and complete strength, cardio and endurance drills while having fun in a group setting.

**Bootycamp** – The workout focuses on lower body, glutes and hamstrings to teach you how to work these muscles effectively while toning the booty.

**CardioBox** – Cardio intervals inspired in boxing and martial arts with some striking and punching to the bags and targets.

**Circuit** – Stations of strength, cardio, agility and endurance lead by your coach.

**Kickbox Circuit** – Inspired on kickboxing you will kick and punch your way to shape combined with strength and agility circuits.

**BLAST** – 20 minutes of intense exercises that will focus on a specific body part.

**KidFit** – Open to children 6+. Join coach for games and exercises that improve agility, speed, coordination, and overall physical health. Parents are welcome to join. Child must be part of a platinum or all in membership plan.

\*All in membership class