



APRIL 2025/ UNIVERSTY PLACE COED GROUP TRAINING SCHEDULE

	Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
9:00 am		Bootcamp Mandy	Circuit Aaron	Bootcamp Delan	Circuit Aaron	BootyCamp Madalene	Bootcamp Lovell
10:00 am							
5:00 pm			KidFit Dylan		KidFit Dylan		
6:00 pm		Bootcamp Lovell	Circuit Mandy				

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.

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

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.

Family Bootcamp – Adults and kids (6+over) welcome to join this workout. Strength, cardio and agility drills for fun total body workout. Great to keep the family active. Child must be part of a platinum or all in membership. M

*All in membership class