



CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:00 - 6:45 AM FIT BOOT CAMP <i>Michelle L.</i>	6:00 – 6:45 AM CYCLING <i>Margie</i>		8:00 - 8:45 AM CYCLING <i>New Time</i> <i>Rotating Instructors</i>	8:15 - 9:00 AM CYCLING <i>New Time</i> <i>Rotating Instructors</i>
	9:00 - 9:25 AM ABS & CORE  <i>Zach</i>	9:00 - 9:45 AM GUNS & BUNS <i>Raina</i>		9:00 -9:45 AM CARDIO/STRENGTH <i>Olimpia/Mark</i>	9:00 - 9:45 AM FIT BOOT CAMP <i>Joe</i>	9:15 -10:00 AM GUNS & BUNS  <i>Marie Ann</i>
9:00 - 9:45 AM CYCLING <i>Michele P.</i>	9:30 - 10:15 AM ZUMBA® <i>Tammy</i>		9:30 - 10:15 AM ZUMBA® + ABS <i>Angela</i>			
						10:15 - 11:15 AM VINYASA FLOW YOGA <i>Amy</i>
			5:30 - 6:15 PM HIIT <i>Joe</i>			
6:00 - 6:45 PM GUNS & BUNS <i>Teresa</i>	6:00 - 6:45 PM FIT BOOT CAMP <i>Michelle L.</i>	6:00 - 6:45 PM CYCLING <i>Michele P.</i>				
6:00 - 6:45 PM BOXING <i>Joe</i>	Club hours: Monday – Friday: 5:00 AM – 10:00 PM; Saturday & Sunday 7:00 AM – 6:00 PM GROUP FITNESS DIRECTOR: OLIMPIA GARRUTO-GRILLO					

POWERHOUSE FITNESS CLASS DESCRIPTIONS

***Classes start and end promptly at the scheduled times. All classes are 45 minutes except for the mind/body studio classes, unless otherwise noted. At a courtesy to the instructor & other members, please allow ample time to set up for your workout. All workouts are designed for all levels unless noted*

ABS & CORE - This class will concentrate on strengthening your core muscles. Including your abdominal muscles, back muscles and the muscles around the pelvis. This includes twisting, crunches, planks, among other core exercises. Strong core muscle helps us to carry on with our daily physical routines without back pain or injuries.

BOXING – This high intensity interval training workout sculpts your body and burns calories like nothing you've experienced before. Your trainer will lead you through explosive boxing rounds where you'll deliver jab, cross, hook & upper cut combinations working your entire body on heavy bags. Burn up to 1000 calories in this class.

CARDIO/STRENGTH – Maximize your time, efforts & results with Cross Training! Nonstop action takes you from high intensity, multi-impact aerobic conditioning to focused muscular strength & endurance exercises. A variety of cross training exercises will be incorporated into this power packed class.

FIT BOOT CAMP – WE WANT YOU! This Intense Group Training Class utilizing athletic skills and drills, plyometric and discipline to take your body through the ultimate test of fitness. Let our drill sergeant command you through this challenging workout including multi-intensity aerobics, sprints, circuits, push-ups, sit-ups, jump-rope and weight training.

GUNS & BUNS – This class is designed to sculpt chiseled arms and glutes quickly and efficiently.

H.I.I.T – This 45-minute class alternates short intense anaerobic exercise with less-intense recovery periods. H.I.I.T. is a form of cardiovascular exercise. These short, intense workouts provide improved athletic capacity and condition to help improve fat burning. Levels II / III

INDOOR CYCLING - Led by a certified INDOOR CYCLING instructor, classes combine a foundation of basic cycling movements with motivational coaching techniques, breathing awareness and heart rate training. Participants burn an average of 500 calories in 45 minutes of non-impact, individually paced cardiovascular exercise. Classes are performed on a specially designed indoor cycling bike. All Levels

VINYASA FLOW YOGA - Focuses on connecting breath to movement, which detoxes & exhilarates the body, mind, & spirit. It is a faster moving practice that combines strength, balance, & flexibility in a beautiful flow creating a solid physical, mental, & spiritual workout.

ZUMBA® - A dynamic, fun, and challenging fitness program using Latin dance flavor. Come and experience the exhilaration of moving your body to the rhythm of the music! This class features easy-to-follow moves in interval training sessions with fast and slow rhythms, stretching, and most importantly FUN!

Classes & Instructors are Subject to change without notice