



## Group Exercise Calendar ♦ July 2021



	Monday	Time
	Body Pump/Julianne	8:30-9:30AM
	Sprint/Marianne	9:40-10:10AM
	Zumba/Tara	9:45-10:45AM
	Power Vinyasa Yoga /Nona	11:15AM-12:30PM
	Senior Fitness/Audrey	1:00-1:45PM
	Sprint/Marianne	5:30-6:00PM
	Zumba/Jannilet & Briana	6:30-7:30PM

	Tuesday	Time
	Sprint/Holly R.	5:30-6:00AM
	BodyFlow in Burn Studio/Julianne	8:30-9:30AM
	Pilates/Audrey	8:30-9:30AM
	Spinning/Traci	9:30-10:30AM
	BodyCombat/Julianne	9:45-10:45AM
	Senior Fitness/Audrey	11:00-11:45AM
	Body Pump/Holly R.	12:00-1:00PM
	Body Pump/Mary Beth	5:30-6:30PM
	Sprint/Holly R.	5:30-6:00PM

	Wednesday	Time
	Body Pump/Holly R.	8:30-9:30AM
	Spinning/Holly R.	9:35-10:20AM
	Zumba/Anaisa	9:45-10:45AM
	Senior Fitness/Audrey	11:15AM-12:15PM
	Gentile Yoga/Nona	12:30-1:30PM
	Body Combat/ Julianne	5:30-6:25PM
	Zumba/Briana & Jannilet	6:30-7:30PM

	Thursday	Time
	Sprint/Holly R.	5:30-6:00AM
	Zumba/Kelly	8:30-9:25AM
	Pilates/Audrey	9:45-10:45AM
	Senior Fitness/Audrey	11-11:45AM
	Tai Chi/Jeanne	1:00-2:00PM
	Body Pump/Jaden	5:30-6:30PM

	Friday	Time
	Body Pump/Julianne	8:30-9:30AM
	Spinning/Audrey	9:30-10:15AM
	Zumba/Jenn	9:45-10:45AM
	Restorative Yoga/Nona (Bring bolster or pillow)	11:15AM-12:15PM
<b>STRENGTH</b> <b>CARDIO</b> <b>MIND/BODY</b> <b>FACEBOOK LIVE Classes in Group-X Studio</b> <b>Ask Front Desk About Zoom Classes in the Power Studio</b>		

	Saturday	Time
	STEP/Holly P.	8:15-9:15AM
	BodyPump/Jaden /Mary Beth	9:30-10:30AM
	Sprint /Marianne	9:30-10:00AM
Sunday		
	Spinning/Krista	9:00-10:00AM
	Body Combat/Mike	9:00-10:00AM
	BodyPump/Jaden /Mary Beth	10:10-11:10AM
	Slow Flow Yoga /Nona	11:30AM-12:45PM

Happy 4<sup>th</sup> of July!!

Sunday, July 4<sup>th</sup>  
**Gym Hours: 7:00AM – 2:00PM**  
**Kids' Club Hours: 8:00AM – 1:00PM**

**Turn over for Power Team Training calendar!!!**

3216 SE Federal Highway Stuart, FL 34997 (772) 221-2121

Website: [www.powerhousegym.com/stuart](http://www.powerhousegym.com/stuart) Email: [contactpowerhousegymstuart@gmail.com](mailto:contactpowerhousegymstuart@gmail.com)

**ROW30**  
MWF 5:45PM  
Sat 10AM

# Platinum Power Team Training

July 2021

Monday		Tuesday	
Bootcamp/Stephanie	5:15-6:00AM	Bootcamp/Olivia	8:30-9:15AM
Bootcamp/Melissa	8:30-9:15AM		
Bootcamp/Olivia	5:30-6:15PM		
Row30/Corey	5:45-6:15PM		
Boxing Fitness/Chad	6:30-7:30PM		
Wednesday		Thursday	
Bootcamp/Stephanie	5:15-6:00AM	Bootcamp/Stephanie	8:30-9:15AM
Bootcamp/Stephanie	8:30-9:15AM		
PowerBurn/Stephanie	9:30-10:00AM		
Bootcamp/Olivia	5:30-6:15PM		
Row30/Corey	5:45-6:15PM		
Boxing Fitness/Chad	6:30PM-7:30PM		
Friday		Saturday	
Bootcamp/Stephanie	5:15-6:00AM	Bootcamp/Mike	9:00-9:45AM
Bootcamp/Stephanie	8:30-9:15AM	Row30/Corey	10-10:30AM
Row30/Corey	5:45-6:15PM		

## Platinum PowerTeam Training

is a group personal training session where workouts are uniquely programmed for each class. Participants are coached through a challenging workout with supervision and guidance provided by certified personal trainers. All sessions are included unlimited with the Platinum membership or may be purchased as individual sessions. You may upgrade at any time. All Powerhouse Gym Stuart members are welcome to try two sessions for free. **Sign-up at the front desk.**

**BOOTCAMP** combines strength and cardio exercises for a full-body burn. They get your heart pumping, make you sweat, and challenge your muscles. Each class is totally different, to keep your muscles guessing. Our BOOTCAMP sessions are interval trainings with bursts of intense activity alternated with intervals of lighter activity. The goal of BOOTCAMP is to provide a whole-body workout that builds strength, endurance and gets your body in shape FAST! 💪🔥

**ROW30** is for the elite athlete to the exercise newbie. This 30-minute fast-paced and fun class will work your entire body. This class improves cardio, sculpts muscle and is one of the most effective calorie-burners out there. With high-intensity speed intervals and challenging drills, this heart-pumping, sweat-drenched, intense non- impact workout will have you feeling and seeing a difference in your legs, core, back & more! 💪🔥

**BOXING FITNESS** class starts with a brief cardio workout to get the heart rate up, followed by strength training and shadowboxing. Then the fun starts. The class rotates through kicking, boxing, and ground drills designed to simulate the short, intense rounds of an MMA match. Borrowing techniques from a variety of martial arts, these workouts will help you develop real-world techniques while getting a killer workout! 💪🔥

**POWERBURN** is a 30 minute high-intensity interval training (HIIT) workout with rowers, erg skier, TRX bands, assault bikes, and more! HIIT is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. Scorch away the pounds! 🔥

**Gym Hours:** Mon-Thurs 5:00AM-10:00PM Friday 5:00 AM–8:00 PM  
Saturday 7:00 AM–6:00 PM Sunday 7:00 AM – 5:00 PM

**Kids' Club MORNING Hours:** Monday – Sunday 8:00am-1:00pm

**Kids' Club EVENING Hours:** Monday - Thursday 4:00pm – 8:00pm, Friday 4:00pm-6:30pm