



Group Exercise Calendar ♦ October 2021

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

	Wednesday	Time
	BodyPump/Holly R.	8:30-9:30AM
	Spinning/Holly R.	9:35-10:20AM
	Zumba/Anaissa	9:45-10:45AM
	Senior Fitness/Audrey	11:15AM-12:15PM
	Gentile Yoga/Nona	12:30-1:30PM
	BodyCombat/ Julianne	5:30-6:25PM
	Sprint/Jaden	5:30-6:00PM
	Zumba/Briana & Jannilet	6:30-7:30PM

	Friday	Time
	BodyPump/Julianne	8:30-9:30AM
	Spinning/Audrey	9:30-10:15AM
	Zumba/Jenn	9:45-10:45AM
	Restorative Yoga/Nona (Bring bolster or pillow)	11:30AM-12:30PM
	STRENGTH	
	CARDIO	
	MIND/BODY	
	Classes offered on zoom and in-person at the gym. Your choice!	

	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
	BodyPump/Holly R.	12:00-1:00PM
	BodyPump/Mary Beth	5:30-6:30PM

	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

	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/Sarah	9:00-10:00AM
	BodyCombat/Mike	9:00-10:00AM
	BodyPump/Jaden /Mary Beth	10:10-11:10AM
	Slow Flow Yoga /Nona	11:30AM-12:30PM

POWERHOUSE GYM

MYZONE
MUSCLE
MASH

MYZONE MUSCLE MASH

Are you ready to sweat? Starting October 1st each participant must reach 1,500 MEPS by October 31st to be eligible for the raffle. Extra raffle tickets will be rewarded for every 500 MEPs additionally earned. At the end of the challenge we will draw a winner for \$25 of Powerhouse dollars to be used in our pro-shop or Powercafe. Prizes will be awarded each week for top 5 MEP earners. If you don't own a Myzone, buy one at the front desk. Wrist and chest straps available.



Turn over for Power Team Training calendar!!!

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

Website: www.powerhousegym.com/stuart Email: contactpowerhousegymstuart@gmail.com

Platinum Power Team Training

October 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15AM	BOOTCAMP Stephanie		BOOTCAMP Stephanie		BOOTCAMP Stephanie	
8:00AM	ROW30 Corey		ROW30 Corey		ROW30 Corey	
8:30AM	BOOTCAMP Melissa	BOOTCAMP Olivia	BOOTCAMP Stephanie	BOOTCAMP Stephanie	BOOTCAMP Stephanie	
9:00AM						BOOTCAMP Mike
9:30AM	BOOTCAMP Melissa	BOOTCAMP Olivia	BOOTCAMP Stephanie	NEW! ROW BOOTCAMP Becca	BOOTCAMP Becca (Starts 10/8/21)	
5:30PM	BOOTCAMP Olivia		BOOTCAMP Olivia			
6:30PM	MMA FITNESS Gerry		MMA FITNESS Gerry			

25 BURPEE CHALLENGE



Let's join the fight against cancer and take on the 25 burpees per day challenge. You can join the American Cancer Society fundraiser or do it on your own. You must do 25 burpees per day for the month of October...that's 775 burpees!



25 burpees a day.



31 Days.



Take on the 25 Burpees A Day Challenge this October and support the fight against cancer.

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.**

PowerTeam Class Descriptions

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! (45 minutes) 🏋️💪

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! (30 minutes) 🏋️💪

MMA 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! (60 minutes) 🏋️💪

ROW BOOTCAMP It is the perfect combination of our rowing machines paired with strength circuit and drills. We pulled exercises from all areas of fitness to create this heart-pumping, sweat-drenched total body workout that is as fun as it is effective. (45 minutes) 🏋️💪

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