

POWERHOUSE BREWSTER



2022 CLASS SCHEDULE

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>5:30AM</u>			HITT				
<u>7AM</u>						YOGA BJJ ROOM	
<u>8AM</u>		YOGA 7:45 BJJ ROOM		PILATES 7:45AM BJJ ROOM		CARDIO KICKBOXING	
<u>9AM</u>	TRX				EXTREME BOOTCAMP	FUNCTIONAL FITNESS	
<u>10AM</u>						CROSS TRAINING	
<u>5:30PM</u>				CARDIO BOOTCAMP			
<u>6PM</u>		CARDIO KICKBOXING		HITT 6:15PM			
<u>7PM</u>	HITT	YOGA 7:30PM BJJ ROOM			YOGA		

CLASS DESCRIPTIONS:

CROSSFITNESS- Incorporates cardio, Olympic lifting and gymnastic elements with some competition mixed in to make it fun!

HIIT - More than just boot camp. This is high intensity interval training camp! You'll use body weight, kettle bells, medicine balls, jump ropes, dumbbells and more. We blast all your muscle groups. You will burn mega calories and get head-to-toe strong and lean. HIIT Camp is fast-paced, fun and challenging.

CARDIO BOOTCAMP-Is a treadmill/rowing class that will increase your speed and cardiovascular endurance.

YOGA-A discipline that includes breath control, simple meditation, and the adoption of specific bodily postures that maximizes overall health and relaxation.

CARDIO KICKBOXING- An intense cardio endurance workout inspired by Muay Thai kickboxing style. Prepare to torch calories in an inspiring and motivating class.

TRX- A suspension training class that utilizes one's own bodyweight to develop strength, balance, flexibility and core stability.

EXTREME BOOTCAMP - It's a group-focused total-body strength-training class. And it's designed to help people of all fitness levels get in the best shape of their lives.

PILATES- Improves flexibility, builds strength and develops control and endurance in the entire body.

FUNCTIONAL FITNESS-Is a class of training that prepares the body for real-life movements and activities. This class is organized as a circuit with stations that the class moves through together.

INCLEMENT WEATHER: CALL or CHECK SOCIAL MEDIA TO CONFIRM IF CLASS
WILL BE HELD AS SCHEDULED! **845-278-9494**