

POWERHOUSE - CLASS SCHEDULE 2021

Brewster, New York

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Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM			HITT				
7AM						YOGA (BJJ ROOM)	
8AM		*YOGA 7:45AM BJJ ROOM		*PILATES 7:45AM BJJ ROOM		KICKBOXING	
9AM	TRX				**TOTAL BODY 9:15 AM	VO2 MAX	
10AM						METCON WOD	
5:30pm				VO2 MAX			
6PM		TRX		*6:15PM HITT			
7PM	HITT	*YOGA 7:30PM BJJ ROOM			YOGA (BJJ ROOM)		

CLASS DESCRIPTIONS:

METCON WOD- Short bouts of higher intensity training designed to increase metabolic demand and increase energy usage.

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.

VO2 MAX-Is a treadmill 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.

TOTAL BODY - 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.

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