



## UNIVERSITY PLACE GROUP TRAINING SCHEDULE

	Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
9:00 am	Bootcamp Austin	Bootcamp Tyler		Bootcamp Tyler		BootyCamp Madalene	Bootcamp Yoli
11:00 am	Yoga Susan			CardioBox William			12pm Yoga Staff
5:00 pm			KidFit Carlos	Bootcamp Jay	KidFit Carlos	Kickbox Circuit/William	
6:00 pm		Fire Conditioning Josie		Strenght Conditioning Austin			
7:00 pm		Core Blast Roman	Arms Blast Carlos	Core Blast Austin	Booty Blast Erica		

**Schedule Starts April 8th, 2024**

### Class Descriptions:

**Bootcamp** – Open to all fitness levels. A total body workout guided by our Coaches who will lead to push and complete strength, cardio and endurance drills while having fun in a group setting.

**Bootycamp** – The workout focuses on lower body, glutes, and hamstrings to teach you how to work these muscles effectively while toning the booty.

**CardioBox** – Cardio intervals inspired in boxing and martial arts with some striking and punching to the bags and targets.

**Kickbox circuit** – Inspired on kickboxing you will kick and punch your way to shape combined with strength and agility circuits.

**Yoga** – Strength, balance, stretching, breath, and relaxation for all. The instructor will guide you in poses and flow. Co-ed Yoga class will be held in the group ex studio. Male participants please only enter the room via side door.

**Fire Conditioning** – This class combines high intensity interval training with functional movement and cardio. Focusing on nontraditional movement, fire ground fitness incorporates used in firefighting + activities. This coed class is fast paced! Get ready to sweat and have fun doing it!

**BLAST** – 20 minutes of intense exercises that will focus on a specific body part.

**Fit Kids** - Open to children 6+. Join coach for games and exercises that improve agility, speed, coordination and overall physical health. Parents are welcomed to join. Child must have a membership (platinum or all in) to participate.

**Strength Conditioning** - Cardio and Strength in a circuit style class. Perfect workout for those wanting a quick total body conditioning workout.

Contact Fitness Director Madalene Aponte for any questions or comments:

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