



## UNIVERSITY PLACE COED GROUP TRAINING

### SCHEDULE

	Sunday		Tuesday	Wed	Thursday	Friday	Saturday
9:00 am	Bootcamp Austin	Bootcamp Tyler		Bootcamp Tyler		BootyCamp Madalene	Bootcamp Yoli
11:00 am	Yoga Susan			Cardio Box William			
5:00 pm			KidFit Carlos	Bootcamp Jay	KidFit Carlos	Kickbox Circuit/William	
6:00 pm		Fire Conditioning Josie			Strength and Conditioning Austin		
7:00 pm		Core Blast Madalene	Arms Blast Carlos		Booty Blast Erica		

#### 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, glues 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 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 non traditional 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.

**KidFit** – Open to children 6+. Join coach for games and exercises that improve agility, speed, coordination, and overall physical health. Parents are welcome to join. Child must be part of a platinum or all in membership plan.

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