

	Sunday		Tuesday	Wed	Thursday	Friday	Saturday
9:00 am	Bootcamp Montre	Bootcamp Tyler		Bootcamp Tyler		BootyCamp Madalene	Bootcamp Yoli
11:00 am				*Cardio Box William			
5:00 pm			KidFit Carlos	Bootcamp Jay	KidFit Carlos	*Kickbox Circuit/William	
6:00 pm		Bootcamp Eddie/Roman	Circuit Kaylee				
7:00 pm		Core Blast Madalene	Arms Blast Carlos	Lower Body Blast/ Eddie	Booty Blast Elizabeth		



## **August 2024/ UNIVERSITY PLACE COED GROUP TRAINING**

### **SCHEDULE**

### **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.

**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.

\*All in membership class