

	Sunday		Tuesday	Wed	Thursday	Friday	Saturday
9:00 am	Bootcamp Montre	Bootcamp Tyler		Bootcamp Tyler		BootyCamp Madalene	Bootcamp Eddie
9:30 am			<b>Circuit Kaylee</b>		<b>Circuit Kaylee</b>		
11:00 am				*Cardio Box William			
5:00 pm	Athletic Training Montre		KidFit Eddie	Bootcamp Jay	KidFit Eddie	*Kickbox Circuit/William	
6:00 pm		Bootcamp Roman	Circuit Mandy				
7:00 pm		Core Blast Madalene		Lower Body Blast/ Eddie	Booty Blast Elizabeth		



## ***September 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.

**Circuit** – Stations of strength, cardio, agility and endurance lead by your coach.

**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