



## UNIVERSITY PLACE COED GROUP TRAINING SCHEDULE - JULY 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9 AM	BOOTCAMP Mandy	CIRCUIT Aaron	BOOTCAMP Mandy/Lara	CIRCUIT Aaron	BOOTCAMP Madalene	BOOTCAMP Christian	BOOTCAMP Coach Josh
9 AM							*YOGA* Lori/Andrea (MMA ROOM)
5 PM		KIDSFIT TYLER <i>*FREE for kids 5+ enrolled in kids fit for the Summer!</i>		KIDSFIT TYLER <i>*FREE for kids 5+ enrolled in kids fit for the Summer!</i>			
6 PM	BOOTCAMP Lara	CIRCUIT Mandy					

### 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.

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

**CIRCUIT:** Stations of strength, cardio, agility and endurance lead by your coach.

**\*YOGA (ALL IN CLASS):** Practice strength, flexibility, balance and relaxation.

**KIDSFIT:** Open to children 5+. Join Coach for games and exercises that improve agility, speed, coordination, and overall physical health. Parents are welcome to join! Children must be part of our platinum or all in membership! *\*FREE for kids enrolled in kids club for the Summer! \**