






# Adult Group Training and Cardio Fitness Classes

Effective 2/1/20202	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00am	Group Strength Power ½ Hour		Group Strength Power ½ Hour		Core Cross (1/2 hour)		
5:15am		Functional Intensity		Functional Intensity			
5:30am	Trifit Express		HIIT Cycling		HIIT Cycling		
6:00am	Group Strength	Functional Intensity	Pedal Plus	Group Strength	Functional Intensity	Core Cross	
7:00am		Group Strength		Group Strength		Group Strength	
8:00am	Group Strength	Functional Intensity	Group Strength	Functional Intensity	Core Cross	Functional Intensity	Bootcamp Beats 
8:15am							Cycling
9:00am	HIIT Cycling					Functional Intensity	Step Aerobics
9:15am		Cycling	Cycling		Tri Fit		 Cardio Kickboxing
9:30am	Sculpt			Bootcamp Beats Express 			
9:45am							Penalty Box
10:00am	Group Strength	Functional Intensity		Group Strength	Core Cross		<b>Core Fitness Hours of Operation</b> Monday: 5am-1pm and 4pm-8pm Tuesday: 5am-1pm and 4pm-7:30pm Wednesday: 5am-7:30pm Thursday: 5am-1pm and 4pm-7:30pm Friday: 5am-1pm Saturday: 7am-12pm Sunday: 8am-10am Penalty Box and Cardio Kickbox will be cancelled 2/2 so we can bring you Superbowl Bootcamp <b>More Information can be found at</b> <a href="http://corefitnessgrouptraining.com">corefitnessgrouptraining.com</a>
11:00am	Senior Strength and Mobility	Senior Strength and Mobility					
11:30pm							
12:00pm						Gym Closes at 12:00pm	
1:00pm	Gym Closed 1-4pm	Gym Closed 1-4pm		Gym Closed 1-4pm	Gym Closed 1-6:45pm		
4:30pm	Group Strength		Group Strength				
5:30pm			Trifit				
6:15pm	Cycling						
6:30pm				Cardio Kickbox			
6:45pm			 Penalty Box		Cycling		
7:00pm	 Meathead Monday						
	Gym Closes 8pm	Gym Closes 7:30pm	Gym Closes 7:30pm	Gym Closes 7:30pm	Gym closes 7:30pm		



Advanced Class (high-Intensity, high-impact. Not appropriate for those with any physical limitations. All other Core Fitness classes can be modified for all abilities and fitness levels

Youth Fitness Schedule can be found at [www.corefitnessgrouptraining.com](http://www.corefitnessgrouptraining.com)

# GROUP TRAINING DESCRIPTIONS & PRICING

- **Functional Intensity** A 45-minute, full-body workout designed to increase function, mobility and endurance by moving through timed stations using the latest exercise props such as kettle bells, ropes, medicine balls, TRX suspension units, ground rotational devices, resistance bands, agility ladders and various body weight exercises.

Single Session: \$15.00

One Month Unlimited Sessions\*: \$99.00

\*Includes access to open gym area during business hours

- **Group Strength Training** A resistance training workout designed to increase strength and power through traditional and non-traditional weight training techniques and equipment such as dumbbells, barbells, kettle bells, bands and more.
- **Power Half Hour:** 30 minute condensed version of our regular Group Strength Class
- **Core Cross:** a hybrid of strength and functional training utilizing a greater variety of exercises and training modalities and a different format each week
- **Meathead Monday:** A class that focuses specifically on increasing the strength and power of multi-joint exercises (deadlifts, squats, bench presses and pull ups) and Olympic Lifts (power cleans, clean and jerk, snatches, etc)
- **Senior Strength & Mobility** Through the use of safe and effective resistance training, dynamic stretches and myofascial release, seniors will increase the strength, mobility and flexibility necessary to reduce risk of injury, slow the rate of bone loss and improve the quality of daily activities.

Single Session: \$20.00 (30-minute classes \$15.00)

One Month Unlimited Sessions\*: \$150.00

\*Includes access to open gym area during business hours

# CARDIO TRAINING DESCRIPTIONS & PRICING

- **Bootcamp Beats:** In this unique class, traditional bootcamp drills are perfectly paired with favorite high-energy, motivating music. Each month you can expect brand new songs and choreography designed by our expert instructors and trainers.
- **Cycling:** A 45-minute, musically driven, simulated bicycle ride through various terrain utilizing different speeds, levels of resistance and body positions to achieve maximum results!
- **HIIT Cycling:** 30 minutes of high intensity interval cycling
- **Pedal Plus:** 30 minutes of high intensity cycling followed by a different 15 minute conditioning block each week.
- **Penalty Box® Training:** 30 minutes of high intensity conditioning and agility drills using the Penalty Box® agility grid and hurdle
- **Step Aerobics:** 45 minutes of continuous aerobic exercise consisting of choreography utilizing the Reebok Step
- **Sculpt:** A 30-minute class of non-stop resistance training set to music
- **Trifit:** 45-minute class during which participants will rotate between cycling, agility and core conditioning stations
- **Trifit Express:** 30 minute, condensed version of our regular Trifit class.

Single Class: \$12.00

Ten Class Package: \$90.00

## UNLIMITED, ALL-INCLUSIVE GROUP TRAINING

Includes ALL Core Fitness Group Training Sessions and Cardio Classes

**\$199.00/Month**