

Group Fitness Class Schedule - *Glenwood* - Starting 9/4/18

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:30 AM		Fit Camp <i>-Kailey</i>		Fit Camp <i>-Kailey</i>	
11:00-11:30 AM		Weightlifting 101 <i>-Kailey</i>			Fit Camp <i>-Kailey</i>
12:00-12:30 PM	Suspension <i>-Kailey</i>	Ab/Core <i>-Kailey</i>	Suspension <i>-Kailey</i>	Ab/Core <i>-Kailey</i>	Suspension <i>-Kailey</i>
5:30-6:00 PM		Fit Camp <i>-Kailey</i>		Fit Camp <i>-Kailey</i>	
7:00-7:30 PM	Fit Camp <i>-Kailey</i>		Fit Camp <i>-Kailey</i>		

Class Descriptions

Fit Camp: A full-body, butt kicking work out that ensures results every time. You can think of this class as group personal training, building on strengths and camaraderie of each member!

Suspension: A program that builds strength, balance, flexibility, and burns fat! You control how hard or easy the exercises are. Whether you are a professional athlete or just want to get back into shape, suspension training will help you reach your fitness goal!

Abs/Core: This class is an all-inclusive, dynamic, and multifaceted course designed to improve your overall fitness level; including strength and flexibility. More than just another “ab workout” ab/core is about training the abs AND your back AND your hips AND your glutes; covering the 28 muscles of the core, and then some! Utilizing both standing and ground-based exercises, anyone can improve their personal level of fitness, gain confidence, and still have fun!

Weightlifting 101: An 8-week process to educate on how to lift free weights with proper technique, weight, and to learn important cues to prevent injuries and have consistent control over weight lifted; targeting the certain muscle groups. All while having a kick-butt workout!