

ALL-ACCESS PASS

FALL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLE (upstairs) SUE 6:00-7:00	BOOTCAMP WENDY 6:00-7:00AM		BOOTCAMP WENDY 6:00 -7:00AM	VINYASA YOGA CHELSEA 6:00-7:00AM		
HIIT ALEX 6:30-7AM		HIIT ALEX 6:30 -7 AM		HIIT ALEX 6:30-7:00AM		
		BOOTCAMP SIOBHAN 8:00-8:45AM		CYCLE STACEY 8:00-9:00AM		
YOGA HATHA CLAUDIA 8:00-9:00AM	CARDIO KICKBOXING JACQ 8:00-9:00AM	BARRE DEB 8:45-9:30AM	BARRE PAT 8:00-9:00AM	BARRE JACQ 8:00-9:00AM	HIIT KERRI / ALEX 8:00-8:30AM	
PILATES JUDI 9:15 -10:15AM	MUSCLE & STRETCH KERRI 9:00-10:00AM	YOGA HATHA LYNN 9:30 - 10:30AM	ESSETRICS PAT 9:00-10:00AM	CARDIO KICKBOXING JACQ 9:00-10:00AM	CYCLE / WEIGHTS ALEX / WENDY 8: 15 – 9: 15 AM	YOGA HATHA IRIS 9:15-10:15AM
POUND FIT VICTORIA 10:15-11:00AM	BARRE JACQ 10:00-11:00AM	POUND FIT DEB 10:45-11:30AM	CARDIO KICKBOXING JACQ 10:00-11:00AM	YOGA HATHA KERRI 10:00-11:00AM	BARRE/KB POUND/YOGA 9:30-10:30AM	KARATE** 10:45-12:00PM
BARRE DEBORAH 11:00-12:00PM					KARATE** 10:30-2:00PM	
VINYASA YOGA KERRI 5:30-6:30PM	BOOTCAMP SIOBHAN 5:30-6:15PM	HIIT (butts/guts) SIOBHAN 5:30-6:00PM	BODY BAR SCULPT SIOBHAN 5:30-6:15PM	POUNDFIT or BARRE DEB/ LINDSAY/PAT 5:30-6:30PM	<div style="background-color: #4a86e8; color: white; padding: 10px; text-align: center;"> FITNESS FIRM HOURS MON-THURS 5AM-10:30PM FRI 5AM-9:30PM SAT 7:45AM-6PM SUN 7:45AM-5PM </div> <div style="background-color: #76b82a; color: white; padding: 10px; text-align: center; border-radius: 50%; margin-top: 10px;"> **REQUIRES ADDITIONAL SIGN See details at the front desk. </div>	
		CYCLE (upstairs) SIOBHAN 6:00-7:00PM	HIIT (gym) STEPHEN 6:00 – 6:30 PM			
HIIT STEPHEN 6:30-7:00PM	BARRE EMILY 6:15-7:00PM	YOUTH ATHLETIC CONDITIONING tba	BARRE DEB 6:15-7:00PM	CARDIO KICKBOXING KELLY 6:30-7:30PM		
POUND FIT DEBBIE 7:15-8:00PM	HIIT EMILY 7:00-730PM	HATHA YOGA CLAUDIA 7:05 - 8:05PM	KARATE** 7:00-9:30PM			
HATHA YOGA CLAUDIA 8:15-9:15PM	KARATE ** 7:35-8:30PM	CARDIO KICKBOX KELLY 8:15-9:15PM				

BARRE: Barre classes mix elements of Pilates, dance, yoga and functional training, and the moves are choreographed to fun modern music. In each energizing and targeted workout, you'll use the barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body.

BOOTCAMP: Incorporates muscle strength, endurance, cardio, and stretch all in one presented in any variety of styles from tabata, stations, intervals and cross training.

BODY BAR SCULPT: Join this high paced class and get your heart pumping! Using a combination of free weights and precise movements this class helps create a sculpted physique.

CARDIO KICKBOX: Fitness kickboxing is a group fitness class that combines martial arts techniques infused with cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. Please note that you do require gloves and wraps for this class. You can purchase a set of gloves with wraps for \$35 from us or bring your own. We have some gloves to borrow for your trial class.

CYCLE: An intense cardiovascular training class geared to all fitness levels. Bring a towel and water. Burn up to 500 calories!

ESSENTRICS: A full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. The technique develops lean, strong muscles with immediate changes to your posture, mobility and vitality.

HIIT : High intensity Interval training is exactly how its termed. High intense exercises done through a tabata style workout in a short amount of time.

MUSCLE AND STRETCH: A strong focus on resistance exercises to strengthen overall muscles in the body, finishing with a thorough body stretch.

PILATES: Emphasis on spinal and pelvic alignment, breathing and development of a strong core. Builds flexibility, muscle strength and endurance in the legs, abdominals, arms, hips and back.

POUNDFIT: Sweat, Sculpt & ROCK with POUND, the fastest growing group fitness phenomenon inspired by the sweat-dripping, infectious, energizing fun of drumming. POUND is a full body cardio jam session championed by fitness rebels around the world!

HATHA YOGA: hatha is a general term that includes most yoga styles. It is an old system that includes the practice of *asanas* (yoga postures) and *pranayama* ([breathing exercises](#)), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation. Most hatha classes will be relatively gentle, and great for beginners or students who prefer a more relaxed style where they hold poses longer.

VINYASA YOGA: A slow, moderate or fast paced flow of yoga postures. Moving from pose to pose synchronized with breath

Our group fitness schedule is set up to accommodate the needs and desires of the majority of the population of the Fitness Firm and Zenergy Wellness Studio. We set up a variety of exercise styles within a particular time slot throughout the week. When numbers start to decline in a particular class, The Fitness Firm reserves right to make a change to benefit not only the members but also keep our business viable. We appreciate your feedback and your support. **Thank you.**