

ELITE BODY GROUP X SCHEDULE

Effective January 2, 2012

MON	TUES	WEDS	THURS	FRI
5:45-6:30AM BOOT CAMP		5:45-6:30AM BOOT CAMP		5:45-6:30AM BOOT CAMP
	4:30-5:30 KIDS KBOX		4:30-5:00 KIDS KBOX	
6:00 PM BOOT CAMP	6:00 PM XTREME BOOT CAMP	6:00 PM BOOT CAMP	6:00 PM XTREME BOOT CAMP	6:00PM THE WORKS
	6:45 STRETCH		7:15 KICKBOXING	6:00 pm ZUMBA

CLASS DESCRIPTIONS:

Boot Camp: Designed for all fitness levels, this class challenges you on all levels. Workouts are designed to build strength & endurance while maximizing fat burn & muscle gain.

Xtreme Boot Camp: This class is designed for those who want to challenge themselves. This is a high intensity workout, so come prepared to get out of your comfort zone. Exercises include kettlebells, tires, ropes, sprinting and plyo-metrics.

Stretch: Designed for all fitness levels, this class combines functional stretching with some yoga based moves.

Zumba: Designed for all fitness levels, Zumba® is a "feel happy" workout that combines high energy and motivating music. Get ready to dance away your stress and worries!

Kickboxing: Designed for all fitness levels. Not your typical kickboxing class, this class teaches proper form for strikes with hands and feet, while helping you develop coordination, strength, balance & flexibility.

The Works: Designed for all fitness levels, this 60 minute class is the way to end the week. Class is broke into 15-20 min segments consisting of cardio, strength, core & stretching.

Classes are subject to change