

## **ALL FITNESS LEVELS WELCOME**

Whatever your experience before, be ready for the best GROUP EXERCISE PROGRAM you've ever taken! With over 20 years of combined experience, Fitness Your Weigh's group classes are scientifically designed to help you derive a variety of benefits in a safe & progressive manner: tone muscles, correct imbalances, improve posture and coordination, increase endurance and strength, lose body fat, improve sleep & reduce stress - all while having fun in a community like environment! Although they are group exercise classes, you'll feel a bit like you are at a personal training session as we customize the workout to suit your current fitness abilities (which are ever changing) and address any of your physical concerns. To keep things as productive and fun as possible, we like to mix things up - trust us, this is good for you! On the schedule you'll find some class hours with 2 styles of classes being offered. Sometimes your trainer on duty may choose to run both styles simultaneously or alternate the 2 styles each week, but no matter what, you'll get a great workout!

"Open Attendance" class times occur when we offer more than 60 minutes. We ask that you choose the 45-60 minutes during the class time that works best for you. Example: Saturday 7:30-10am is open attendance - you may choose 8:10-9:10, if that works best for you!

**Bootcamp:** While the name "boot camp" may invoke thoughts of sharp whistles, orders being barked out and physical exhaustion, you'll be thrilled by the fun and function of our style of Bootcamp. You will experience a full-body circuit style class that takes you through a series of stations supplied with expertly chosen exercises and a variety of equipment. The possibilities are endless and all we ask is that you show up ready to work to your maximum, safe level. And most importantly: HAVE FUN!

**HIIT, HIIRT & Stretch:** HIIT: High Intensity Interval Training - this is your cardio prescription - and will include a variety of work to rest intervals on various cardio machines... HIIRT: (pronounced "hurt") High Intensity Interval Resistance Training - this is your strength training prescription - and will work your muscles head to toe... & Stretch: be rewarded with several minutes of prescribed stretching, but you must earn it! This class will vary weekly, and will remain relative to YOUR fitness level. When performed properly, you'll establish a love/hate relationship with HIIT, HIIRT & Stretch!

**Afterburn:** An intense arrangement of cardio and strength training exercises with the intention of causing EPOC (excess post-exercise oxygen consumption) - the best way to raise your METABOLISM for up to 1.5 days! In this class you're likely to become friendly with Tabatas, EMOMs, AMRAPs, among other fun acronyms!

**CardioCore:** A challenging mix of cardio drills and cardio machines along with enough CORE work that your CORE will be thanking you the next day! (or perhaps it'll be swearing your trainer's name!)