

GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6am - 7am Tabata (A) - Carmen</p> <p>11:30am - 12:15pm HIIT (B) - Dru</p> <p>12:30pm - 1:15pm Yoga (A) - Jen</p> <p>4:30pm - 5:15pm Cardio Sculpt (A) - Kelly</p> <p>5:15pm - 6pm Total Strength (A) - Kelly</p> <p>5:15pm - 6pm Cycle45 (B) - Sarah</p>	<p>6am - 7am Cycle60 (B) - Andrea</p> <p>11:30am - 12:15pm Cycle45 (B) - Jen</p> <p>12pm - 12:45pm Pilates (A) - Aaron</p> <p>5:15pm - 6pm Barre (A) - Amanda/Rebecca</p> <p>5:30pm - 6:30pm Body Bootcamp (B) - Justin</p>	<p>6am - 7am 30/30 (A) - Carmen</p> <p>11:30am - 12:15pm HIIT (B) - Dru</p> <p>12pm - 12:45pm Barre (A) - Rebecca</p> <p>5:15pm - 6pm Cycle45 (B) - Andrea</p> <p>5:15pm - 6:15pm Yoga60 (A) - Greta</p>	<p>6am - 7am Cycle60 (B) - Andrea</p> <p>11:30am - 12:15pm Total Strength (B) - Justin</p> <p>12pm - 12:45pm Pilates (A) - Aaron</p> <p>12:30pm - 1:15pm Box & Beats (B) - Justin</p> <p>5:30pm - 6:30pm Body Bootcamp (B) - Justin</p>	<p>11:30am - 12:15pm Cardio Sculpt (B) - Justin</p> <p>12pm - 12:45pm Yoga (A) - Jen</p> <p>*Check our Mobile App "RenCen Fitness" for the Group exercise schedule and class updates.</p> <p>rencen FITNESS</p>

CLASS DESCRIPTIONS

30/30: This class will begin with 30 minutes of heart pumping, fat burning cardio, followed by 30 minutes of muscle building strength training. A variety of equipment will be used including weights, bands and your own body weight. You will be amazed at how fast 60 minutes will go by!

Barre: Tone, define, and chisel your whole body with an energetic barre workout that fuses dance, Pilates, and yoga.

Body Bootcamp: This classic workout builds stamina and strength through everyday movements at various intensities.

Box & Beats: This 45 minute boxing class provides a full body strength and conditioning workout while getting revved up from beats by Justin. Be prepared to learn sweet science into boxing through footwork, combinations and sparring. Bringing your own gloves is encouraged but not required.

Cardio Sulpt: This competitive workout will condition athletes for any sport using the ViPR™ system for total body movement.

Cycle45: This high intensity cycle class simulates mountain-like terrain to increase endurance and speed. This class will push you through your breaking point and get you in tip top shape for your next triathlon or just torching calories, increasing strength & endurance.

Cycle60: Start your day with an energizing indoor cycling class. A workout designed to burn calories and get your endorphins flowing. Beginner to expert riders will benefit as the instructor takes you through intervals of speed and strength building better endurance with the 60 minutes.

HIIT: AKA High Intensity Interval Training, is a training technique to which you give all out, 100% effort through quick bursts of exercise, followed by short, sometimes active recovery periods. This class gets and keeps your heart rate up burning more fat in less time.

Pilates: is a functional training system focused on the structural unit of the torso (trunk). Both exercises and stretches provide stability, strength, flexibility and support for a center-balanced posture in your body.

Total Strength: Work your muscles in every way possible in this class designed to build strength, add definition, increase your bone density and decrease your body fat. No muscle gets neglected in this class.

Tabata: This system of short, high-intensity intervals is the ultimate fat-burning workout with non-stop action.

Yoga: Vinyasa yoga classes focus on flowing from pose to pose while linking the movement to breath. These classes are used to build endurance, stamina, strength and flexibility while calming the mind.

Yoga60: This 60 Minute vinyasa yoga class will have all the same principles and benefits of the 45 minute version, with the ability to build more endurance and strength through longer poses, flows and sequences.