



Summer
2018

X-Fit Group Training Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15 AM Weights / HIIT Jamie	5:30-6:15 AM Kickboxing Amber	5:30-6:15 AM Weights Shain	5:30-6:15 AM Kickboxing Amber	5:30-6:15 AM Weights Jamie		

Class Descriptions:

Weights / HIIT: Weights / HIIT offers circuits of high intensity weight training, plyometrics and High Intensity Interval Cardio. This class is sure to get your heart rate up and burn those unwanted calories. Not feeling extreme yet? No worries, each class is progressive and modifications will be given to get you there!

Kickboxing: Kickboxing is a combination of cardio and resistance training that works the body from head to toe. The Muay Thai based style of kickboxing builds endurance, balance, and hand-eye coordination as well as muscle stamina all while torching calories to shed fat. The benefits of Kickboxing are endless. It builds confidence, blasts fat fast burning anywhere from 400 to 750 calories per class, tones your entire body, boost energy levels, and de-stresses your body. Following instructions, mastering a set movements, and learning specific stances and positions requires determination and discipline. As you excel in the routine, you'll begin to subconsciously apply the elements of discipline to your daily life and manage your everyday tasks with greater ease.

Weights: This class's focus is on weight training with controlled heavier lifts paired with explosive body weight movements for maximum strength and fat loss. Start your week off right by feeling the burn.

Guests: Please feel free to invite your friends and family in to join you for a class anytime. Kids are welcome also, as long as they can follow along. Classes run \$69/month. Our drop in rate is \$10/class.

IMPROVE YOUR GAME!