



# IGNITE SCHEDULE



## FIRST AND MAIN AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5:15 AM Smokin Spin and Suspension EVOLVE AMY</p>		<p>5:15 AM Smokin Spin and Suspension EVOLVE AMY</p>			
		<p>5:30AM Morning Madness IGNITE TEASHA</p>		<p>5:30 AM Morning Madness IGNITE TEASHA</p>	
<p>8:00AM TRX/ W. O. W Combo Spark IGNITE AMY</p>	<p>9:00AM TRX Core Fire EVOLVE ROXY</p>	<p>8:00AM TRX/ W.O. W Combo Spark IGNITE AMY</p>	<p>9:00AM TRX Core Fire EVOLVE ROXY</p>		
<p>9:00AM Fit Factory EVOLVE ROXY</p>				<p>9:00AM Fit Factory EVOLVE ROXY</p>	
<p>10:30 AM YMCA Transformation Challenge James/Roxy <b>*Begins Sept 13*</b></p>				<p>10:30AM YMCA Transformation Challenge James/Roxy <b>*Begins Sept 13*</b></p>	
	<p>5:30 PM YMCA Transformation Challenge James/Roxy</p>		<p>5:30 PM YMCA Transformation Challenge James/Roxy</p>		

YMCA Transformation Challenge is a 12 Week Body Composition Challenge and is not offered month to month. See Membership for Details.

All class are 55 minutes unless

otherwise noted.

Class and Instructor schedule information. All classes are held in the **IGNITE ZONE**.

Cardio classes, Strength Classes, Recovery Classes, Combo Strength/Cardio Classes, and Combo Strength/Recover Classes

# IGNITE CLASS DESCRIPTIONS

## CARDIO CLASSES

### Circuit Blaze

Station-based cardio circuit to fire up your metabolism and ignite your endurance.



### Cardio Campfire

Fat-burning cardio! Varying metabolic-focused workouts to get you sweating. These workouts will not only enhance your stamina, but also increase your calorie burn while you learn new ways to do cardio.



### TRX

Total body suspension training on our TRX straps, designed to target muscles utilizing the body's most primal tool for fitness...itself!



### Blue Flame Tabata

General tabata format of 20 seconds on, 10 seconds off, with emphasis on cardio training.



### Burn Zone Self-Defense

These classes will focus on getting your heart rate up and teach you self-defense in the process. Great for all fitness levels.



### Core Fire

Build a strong, stable core and functional strength with this class based around suspension training and the Queenax super functional trainers. Appropriate for all levels, yet will challenge even the strongest athletes.



## STRENGTH CLASSES

### \*NEW\* Morning Madness

A 45 minute military style Hiit workout that incorporates strength and cardiovascular intervals for improved speed, endurance, strength and recovery!



### \*NEW\* Fit Factory

Don't use machines, become one. This is functional strength training & performance class. Learn weight training with emphasis on and form function.



## COMBO STRENGTH/RECOVERY CLASSES

### Burn Zone Correctives

Engage in unique movement patterns in order to improve overall strength, range of motion, and functionality of the body, while correcting any imbalances.



### Engage & Extinguish

Enhance your workout by focusing on core work and balance, then extinguish those sore muscles with stretches and myofascial release movements. Great for recovery and vital to crush your future workouts.



## COMBO STRENGTH/CARDIO CLASSES

### BurnZone

Get into your fat-burning zone with this energetic workout and boost your metabolism for up to 36 hours! Great for people looking to lose weight, increase endurance and gain strength.



### 5-Alarm Cross Training

High intensity intervals/cross training workouts blended together with the intention of firing up the metabolism. Mixes cardio movements with strength exercises in order to burn calories and improve strength at the same time.



### Smokin' Spin & Suspension

Challenge your cardio endurance with 40 minutes of HIIT-based cycling followed by 30 minutes of strength exercises using the TRX suspension trainer.



### Sunrise Circuits

Full-body circuit training to get the blood pumping. Incorporates a blend of strength, fat-burning cardio, and accessory work.



### Fire Station

Ignite your cardiovascular endurance, power, speed and agility in this class entirely dedicated to easy-to-follow but physically challenging athletic drills. Perfect for all fitness levels, as all exercises are easily modifiable to suit individual needs.

(Bring your own towel, water bottle and exercise mat.)

All classes are held in the **IGNITE ZONE**

