



IGNITE SCHEDULE



Offering beginning March 1, 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 p.m.			Cardio Kickboxing (Tabitha)		

Cardio Kickboxing

Participants will use a combination of shadow boxing, cardio and strength circuits to increase quickness, strength and cardiovascular endurance. (Suitable for all skill levels.)

All class are 55 minutes unless otherwise noted.

Class and Personal Trainer subject to change check the app for the most up to date information.

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


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

IGNITE CLASS DESCRIPTIONS

CARDIO TRAINING

Cardio Kickboxing

Participants will use a combination of shadow boxing, cardio and strength circuits to increase quickness, strength and cardiovascular endurance. (Suitable for all skill levels.)



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