



IGNITE SCHEDULE

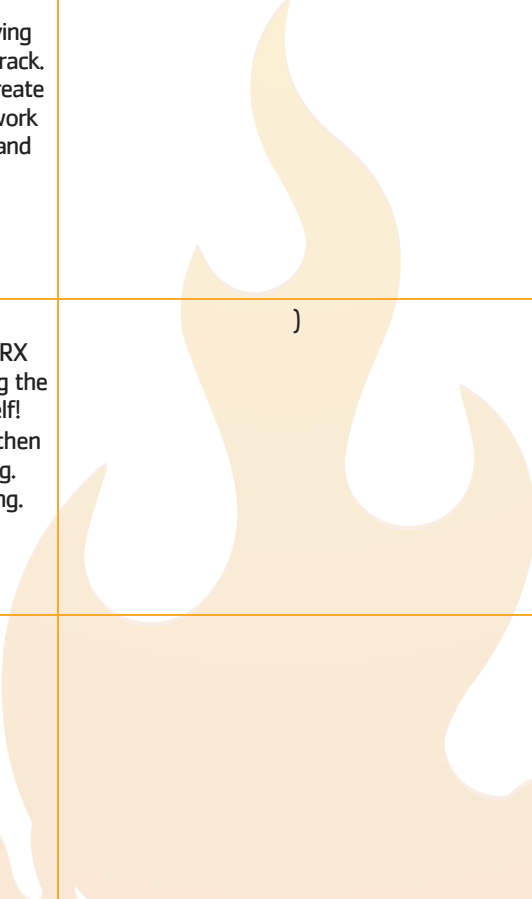


Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am			Kidz Tumbling (Jackie)-45 Min Ages 3-7 <i>Located in Community Room</i>			Kettle Bell Circuit (Rebecca)-45 Min Ages 16 & up
9:30 am		Tiny Toes (Jackie)-45 Min Ages 3-6				
10:00 am			TRX Training (Alexia)-45 Min Ages 16 & up			Boxing Circuit (Rebecca)-45 Min Ages 16&up
11:00 am						Pre/Postnatal Workout (Rebecca)-45 Min
1:00 pm		AOA Circuit (Jackie) For Active Older Adults <i>Located on the track</i>		AOA Circuit (Jackie) For Active Older Adults <i>Located on the track</i>		
4:00 pm			Ballet (Jackie) Ages 7-10 <i>Located in the MP room</i>			
4:30 pm	Kid Fit (Ally)-45 Min Ages 4-7				TAP (Jackie) Ages 7 & up <i>Located in the Briargate room</i>	
5:30 pm		TRX + Weights (Ally) Ages 15 & up				

March IGNITE SCHEDULE
Register at the Front Desk
See Ignite Pricing at the Front desk.

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

IGNITE TRAINING DESCRIPTIONS

<p>Boxing Circuit Get a Knockout Workout! Increase your aerobic fitness while toning and conditioning with various boxing techniques. (Ages 16 & up)</p>	<p>Pre/Postnatal Workout Ladies, expect a full body workout using your own bodyweight and light weights, incorporating low impact cardio and core stability exercises. Exercise intensity varies depending on what stage each participant is at in their pre or postnatal period.</p>	<p>Ballet Ballet for kids (Ages 7-10)</p>
<p>TRX Total body suspension training on our TRX straps, designed to target muscles utilizing the body's most primal tool for Fitness.....itself! (Ages 16 & Up)</p>	<p>Kettlebell Circuit Kettlebell circuit training is a great way to improve your overall strength and stability. It is a high-intensity workout that targets multiple muscle groups at once, making it an efficient way to get in shape.</p>	<p>Kidz Tumbling Kidz Tumbling. Have fun and make friends. Put a spring into your step. Working on jumps, rolls, handstands, bridges, back bends, kick overs, cartwheels, round offs, safety falls, body control, strength building, and flexibility. (Ages 3-7)</p>
<p>AOA Circuit Increase stamina and strength for daily living with a standing circuit workout up on our track. This class is for our Active Older Adults. Create friendships, learn how to use equipment, work on form, work on balance, build strength and stay active in this fun circuit training.</p>		<p>Tiny Toes Ballet Tiny Toes, dancing for (Ages 3-6)</p>
<p>TRX + Weights Total body suspension training on our TRX straps, designed to target muscles utilizing the body's most primal tool for fitness...itself! TRX& Weights is a half hour of TRX and then weight lifting for some strength training. Learn proper form and safety while lifting. (Ages 15 & up)</p>		<p>Tap Learn tap dance basics. (Ages 5-10)</p>
		<p>Kid Fit KID FIT provides kids a fun fitness journey. They will work on cardio, coordination, confidence and strength while having fun and making friends. Access to all their fitness needs in a safe, supportive environment with professional instruction! (Ages 4-6)</p>

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