<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td></td>
<td>5:30am–6:15am MORNING MADNESS GYM TEASHA</td>
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<td>8am–9am Boxing 101 for Seniors</td>
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<td>4:30pm–5:30pm Youth Conditioning EVOLVE Chris</td>
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<td>9am–10am YFIT EVOLVE NIKKI</td>
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<td>4:30pm–5:30pm Youth Boxing Fundamentals Menny</td>
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<td>6:00 PM YMCA Transformation Challenge EVOLVE JAMES</td>
<td>5:30 PM YMCA Next Level Transformation Challenge EVOLVE NIKKI</td>
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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!

Just STRONG
Don’t use machines, become one. This is functional strength training & performance class. Learn weight training with emphasis on function and range of motion.

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.

Rise and Grind
This class will teach you how to properly perform functional and power movements such as strength and conditioning movements like the squat, bench press, pushup, deadlift, clean, and snatch, and accelerate recovery after training sessions and competition. We will teach you how to identify and correct inefficient movement patterns and organize your joints so you move and lift better, stronger and more efficiently.

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.

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.

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.

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.)