



IGNITE SCHEDULE



FIRST AND MAIN 2024

Monday Tuesday Wednesday Thursday Friday Saturday

5:30am-6:15am
MORNING MADNESS
GYM
TEASHA

5:30am-6:15am
MORNING MADNESS
GYM
TEASHA

8am-9am
Boxing 101 for
Seniors

8am-9am
Boxing 101 for
Seniors

9am-10am
YFIT
EVOLVE
NIKKI

9am-10am
YFIT
EVOLVE
NIKKI

4:30pm-5:30pm
Youth Conditioning
EVOLVE
Chris

4:30-5:30pm
Youth Boxing
Fundamentals
Menny

4:30pm-5:30pm
Youth Conditioning
EVOLVE
Chris

4:30-5:30pm
Youth Boxing
Fundamentals
Menny

6:00 PM
YMCA
Transformation
Challenge
EVOLVE
JAMES

5:30 PM
YMCA
Next Level
Transformation
EVOLVE
NIKKI

6:00PM
YMCA
Transformation
Challenge
EVOLVE
JAMES

5:30 PM
YMCA
Next Level
Transformation
EVOLVE
NIKKI

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

All classes are 55 minutes unless otherwise noted.

Class and instructor subject to change. Check the app for the most up to date information.

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

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 form 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.



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**