



IGNITE SCHEDULE

TRI-LAKES YMCA MARCH 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30a	Burn Zone Darci 7:30 a		Burn Zone Darci 7:30 a		Burn Zone Darci 7:30 a	
8:00		TRX Tanja 8:45a (Synergy)				
9:00a	TRX Tanja 9:00a (YoungLife)		HIIT TRX Tanja 9:00a (YoungLife)			
	Fire Station Darci 9:00a		TRX Tanja 9:30a	TRX Tanja 9:30a	Fire Station Darci 9:00a	
			Burn Zone Faith 9:30 a			Sunday No Classes
10:00 a					Burn Zone Faith 10:30 a	
4:00p		Youth Strength Training Josh 4:00p		Youth Strength Training Josh 4:00p		
5:00p						

All class are 55 minutes unless otherwise noted.

Class and Instructor 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 TRAINING DESCRIPTIONS

CARDIO TRAININGS

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.



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.



STRENGTH TRAININGS

TRX

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



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.



COMBO STRENGTH/CARDIO TRAININGS

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.)



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