



IGNITE SCHEDULE



TRI-LAKES YMCA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 a.m.	Sunrise Circuit Suzann		Sunrise Circuit Suzann			
7:30	Burn Zone		Burn Zone		Burn Zone	
8:45	Blue Flame Tabata Jessica	Spark Allison	Blue Flame Tabata Jessica	Spark Allison		
9:00	TRX Tanja (Young Life)	Inferno Darci	TRX Tanja (Young Life)		Self-Defense Kirk	
9:15			Inferno Faith	Engage & Extinguish Mia		
10:15						
12:30 p.m.						
1:00						
4:30	Fire Station	Cardio Campfire	Fire Station	Cardio Campfire		
5:30						
6:00						Sunday No Classes

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 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.



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 CLASSES

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.



RECOVERY CLASSES

Rock, Roll, & Extinguish

Learn an effective "soften, lengthen and strengthen" method for regaining joint mobility and muscle flexibility. With the progressive use of rolling and stretching, you will improve hydration, release chronically tight muscles and break up restrictions. In addition, you will learn unique and creative exercises to enhance your warm-ups, workouts and postural training.



Extinguish the Flame

Incorporate various principles of pilates, yoga, and tempo-based movements to deeply stretch your muscles for optimal recovery time.



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.



Engage & Extinguish

Enhance your workout by focusing on core work and balance, then extinguish those sore muscles with stretches and myofascial release movements. Great for recovery and vital to crush your future workouts.



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**