



IGNITE SCHEDULE



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am			Kidz Fun Fitness (Rebecca)-45 Min Ages 3-6			
9:30am	Transformation (Omar) Ages 16 & Up	Core Fire (Kiernan)-30Min Ages 16 & up		Transformation (Omar) Ages 16 & Up		
10:15 am		TRX Training (Rebecca) -45 Min Ages 16 & up		TRX Training (Rebecca) -45 Min Ages 16 & up		
10:30am	Fire Station (Omar) Ages 16 & up		TRX Training (Alexia)-45 Min Ages 16 & up			
11:00am						
4:00pm	Fit Teen Bootcamp (Mike) Ages 14-17					
4:30pm	Power Hour (Kiernan) Ages 14 & up					

Ignite Training is \$75 a month.

All Training 's are 55 minutes unless otherwise noted.

August 2022

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

IGNITE TRAINING DESCRIPTIONS

CARDIO TRAINING

Kidz Fun Fitness

Age-appropriate fitness, creative movement, and games.

(Ages 4-7 years)



Y Kid Fit

Age-appropriate fitness, creative movement, and games. Increase activity levels, teach concepts of exercise, healthy living, and teamwork. (Ages 7-13 years)



STRENGTH TRAINING

Strength Training for Teens

Build Confidence, self esteem, and friendships while learning proper form for strength training and gym etiquette. Learn to build muscle and strength using bodyweight, free weights, kettle bells, weight machines and resistance bands to improve sports performance, prevent injuries, or improve overall strength. (Ages 14-17)



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)



Power Hour (Power Lifting)

Powerlifting is about pure and raw strength. The beauty of this discipline is that it's for anyone. This type of weightlifting focuses on the three pillars of strength training: the squat, the bench press and the deadlift. Learn proper form and safety in your lifting. (Ages 17 & up)



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.

(Ages 16 & up)



COMBO STRENGTH/CARDIO TRAINING

Fit Teen Bootcamp

A challenging workout of agility and sports drills designed to develop strength, cardio, endurance, and coordination. (Ages 14-17)



Transformation

See improvements in your endurance, strength and body composition.

Work with a certified personal trainer and dietician. Complete functional strength training and cardio. Receive nutrition coaching. Have an inbody scan throughout to see your progress. Finish the program with measurable results. (Ages 16 & Up)



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. (Ages 16 & up)



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