



IGNITE SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am	Spin and Suspension (Jackie)					
9:30am		Kettlebell Basics (Mike)	Train Like an Athlete (Mike)			
10:30am						
12:00pm				Kettlebell Basics (Mike)		
3:30pm					Train Like an Athlete (Mike)	
4:00pm		Y-Fit (Herbert)				
5:00pm		TRX Training (Jackie)	Y-Fit (Herbert)			
6:00pm					Full Body HIIT (Ayanna)	

All class are 55 minutes unless otherwise noted.

Class and Personal Trainer 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 TRAINING

Full Body HIIT

Efficiency is key! Join us for a strength and cardio workout that uses circuits or ladder styles using a variety of equipment. This training is easily modifiable and suitable for participants who are just beginning their fitness journey and those who have been working out for some time.

STRENGTH TRAINING

Kettlebell Basics

It may look like a cannonball with a handle, but kettlebell training is a fun, challenging, efficient way to exercise! In this training you will learn how to perform a variety of functional exercises using only a kettlebell for a full body workout.

Y-Fit

Join us for a circuit-style workout that challenges your entire body. Participants will move through a variety of stations focusing on lower body, upper body and core.



TRX

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

COMBO STRENGTH/CARDIO TRAINING

Spin and Suspension

Challenge your cardio endurance with 25 min of HIIT-based cycling followed by 25 minutes of strength exercises using the TRX suspension trainer.

Train Like an Athlete

Training like an athlete is highly effective and concentrates on things like functional athletic movement, core stability, movement efficiency, and increasing strength. These trainings incorporate a variety of exercises using medicine balls, kettlebells, plyometrics, and more.

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