

GROUP FITNESS CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-6:50 AM ALL IN LAUREN	6-6:50 AM SUNRISE YOGA HOLLY	6-6:50 AM IRON EIGHT KORAY		6-6:50 AM ALL IN LAUREN		
9:30-10:30 AM HIIT+BOSU MELANIE	9:30-10:20 AM PILATES MAT ANNA	9-10 AM FUSION ALLISON	8-9:00 AM OM HOUR MERIDEN	9-10 AM HIIT+SCULPT PAULA	9-10 AM EVEREST MARK	9-9:50 AM IRON EIGHT KORAY
			11-12 PM BOOTY BLAST LAURIE			
6-6:50 PM IRON EIGHT KORAY	6-6:50 PM POWER OF 3 KORAY	6-6:50 PM ALL IN PAULA	5:30-6:30 PM EVEREST MARK			



GROUP FITNESS CLASS POLICIES:

1. Please be on time for class.
2. Please stay for the length of the class.
3. Please return all equipment to its proper storage area.
4. Please refrain from using perfume or chewing gum while exercising.
5. Power 3 reserves the right to make any changes to the schedule at any time.
6. Please inform the instructor of any medical conditions before class.

GROUP FITNESS

CLASS DESCRIPTIONS

POWER OF 3

This group training will be split between three groups, concentrating on the three tenants of HIIT training- cardio, strength and core. Be ready to move, transition, and sweat as you tackle this signature 50-minute work out!

ALL IN

It's time for you to be "ALL IN"! This beat-based format will have the class working with the music, all at the same tempo. Between the non-stop flow, combination exercises and high energy, you're guaranteed to burn those calories!

IRON EIGHT

TABATA! Be ready for Eight rounds of Eight exercises to achieve TOTAL BURN OUT! This class not only allows you to perfect form and push limits, but it will fly by in 50 minutes.

PILATES MAT

Traditional Pilates mat class where members are sure to notice certain postures and exercises (hundreds, teasers, etc). Unlike Om Hour and Yoga, this class will have a little more of a burn and faster tempo.

FUSION

Jump into this 60 minute workout and be ready to switch between longer cardio blocks designed to kick start your heart rate and then bring the heat with heavier weighted strength sections. Core work is mixed in so you're guaranteed a full body blast!

EVEREST

This class is not for beginners. This format is meant to push you PAST your limits! Every class is different. Every week will challenge new areas. Be ready to move, switch, rotate, climb, run and jump to a new level of fitness!

OM HOUR

We all need an hour of quiet, space and meditation throughout our busy week. Use this class to come to your mat, stretch, challenge your mobility and release all of the stress that may be building.

SUNRISE YOGA

Begin your day feeling peaceful, calm, and strong. Class will consist of different yoga movements week to week, sometimes a Yin class, sometimes Restorative, depending on the demands of the members.

BOOTY BLAST

This class will blast your lower body! You'll feel your glutes, hamstrings, quads and even some core burning the whole hour. You'll still be feeling it the next day.

HIIT + BOSU

30 minutes of (HIIT) high intensity interval training where you will be moving from powerful and explosive cardio, to calming the heart rate with heavy strength exercises; paired with 30 minutes of balance and core strengthening using the BOSU.

HIIT + SCULPT

30 minutes of (HIIT) high intensity interval training where you will be moving from powerful and explosive cardio, to calming the heart rate with heavy strength exercises; paired with 30 minutes of a body sculpt class that mimics a barre format with high repetitions and constant movement.

CLASS PRICES

1 CLASS - \$25

4 CLASSES - \$80

10 CLASSES - \$155

MONTHLY UNLIMITED - \$110 recurring auto-charge