

# EVOLVE FITNESS

Effective Date: June 17, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	*Small Group Personal Training	*Small Group Personal Training		*Small Group Personal Training			
9:00 am		Spin Alice					
9:30 am	Muscle Mayhem Kathy		Legs & Booty Donna	Yoga Margaret	Full Body Circuit Kathy	Boot Camp Kathy & Donna	Pilates Kathy
10:00 am		Pilates Alice	Abs & Arms Donna				
10:30 am	Pilates Kathy		Barre/Pilates Donna		Pilates Kathy		
10:45 am							
11:00 am							
11:30 am	Senior Circuit Kathy		Senior Circuit Danielle		Senior Circuit Kathy		
5:00 pm							
5:30 pm	HiIT Donna	Upper Body & Glutes Jenna	Kickboxing Kathy	Abs & Glutes Jenna			
6:30 pm	Barre Donna	Yoga JoAnne		Yoga Megan			

\*Small Group Personal Training is offered for an additional fee.  
If interested, please see the front desk.

**Abs + Glutes** – Class designed for your core and glutes. Starting off with a half-hour ab circuit, focusing on keeping your stomach tight with added resistance. The second half hour is focused on glutes and legs. All exercises will be done using bands, weights, and your own body weight.

**Barre** – A toning, body-weight lifting workout. With high-reps and low-impact movements, Barre challenges anyone looking to fine-tune their muscles – no ballet experience required.

**Boot Camp** – Boot camp is a high intensity workout integrating body weight resistance and core training. If you are looking for a lean, fit, sculpted body, this class is for you!

**Full Body Circuit** – A workout that alternates between several full body exercises that include circuit training, cardio exercise, bodyweight exercises, core training, and stretching. Maximizing efficiency by alternating exercises that target different muscle groups!

**Hiit** – High intensity interval training is organized with short time exercises. Effective in reducing body fat, increasing muscle conditioning and aerobic power. Various formats of high intensity interval training include Tabata, plyometrics, and intervals of cardio and strength.

**Kickboxing** – A high energy, high impact blend of kicks and punches utilizing punching bags, focus mitts, and cardio conditioning exercises. A perfect combination of martial arts, boxing, and maximum calorie burn!

**Muscle Mayhem** – Start your week off strong with sets of strength and volume, targeting multiple muscle groups

**Pilates** – Powerful core strength training using slower, controlled movements and breathing. Fun full body workout using the stability ball, resistance bands and medicine balls.

**Senior Circuit** – Provides increased strength and improved flexibility. Uses a variety of support positions with a chair, designed to improve overall functional conditioning. Safe, fun and effective movements with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball.

**Spin** – An awesome aerobic workout using stationary bikes that will make your heart pump and tone your legs!

**Yoga** – This class focuses on a strong foundation of postures through breathing and relaxation techniques. This results in balancing the body and mind.

**Zumba** – Fusion of hypnotic Latin rhythms and easy to follow moves. Experience the blast of calorie burning and body-energizing.