# EVOLVE FITNESS CENTER

**Effective Date: October 30th, 2026**

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| **9:00 AM** | Muscle Mayhem (Jenna) | Spin (Alice) | | | Full Body Circuit (Jenna) | | Yoga (Priyanka) |
| **9:30 AM** | | | Legs & Booty (Donna) | Yoga (Margaret) | | Boot Camp (Donna & Kathy) (alternating Sat) | |
| **10:00 AM** | | Pilates (Alice) | Abs & Arms (Donna) | | | | |
| **10:30 AM** | | | Barre/Pilates (Donna) | | | | |
| **11:00 AM** | Silver Sneakers (Priyanka) | | | | Silver Sneakers (Priyanka) | | |
| **11:30 AM** | | | Silver Sneakers (Danielle) | | | | |
| **4:30 PM** | Pilates (Donna) | | | | | | |
| **5:30 PM** | HiiT (Donna) | Upper Body & Glutes (Jenna) | | Abs & Glutes (Jenna) | | | |
| **6:30 PM** | | Yoga (JoAnne) | | Yoga (Megan) | | | |

Personal Training is offered for an additional fee. 30 and 60 minute sessions. Discounted bulk session rates. If interested please see the front desk.

**Class Descriptions →**

**TELEPHONE:** 215-550-1232 **ADDRESS:** 440 Town Center, New Britain, PA 18901 **WEBSITE:** www.evolvefitness.center

**Abs & Glutes:** This class is 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.

**Barre/Pilates:** Using a ballet approach, this class focuses on details of form, alignment, core engagement, and flexibility.

**Boot Camp:** 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!

**Mat Pilates:** A fitness practice performed on a mat, using bodyweight for resistance, and focusing on core strength, flexibility, and overall body awareness. offers numerous benefits, including improved posture, balance, and coordination, as well as stress reduction.

**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.

**Silver Sneakers:** 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!

**Stretch 'N Abs:** This class is split into two parts; first half-hour starts with full body stretching followed by a half-hour of an intense ab circuit to finish the class.

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