

# KINGSWOOD FITNESS

February 2019  
Group Fitness Schedule

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## MORNING SESSIONS:

 <b>STEPHANIE</b> 9:00-10:00  <b>HATHA YOGA</b> ANDREA 10:15-11:15	<b>ATHLETIC TRAINING</b> NICOLE 9:00-10:00  <b>GENTLE FIT</b> JAY 9:00-10:00	<b>C.C.T.</b> LYNN 9:00-10:00  <b>KINSTRETCH</b> MELISSA 10:15-11:15	<b>CARDIO FAT BLAST</b> ALTERNATE INSTRUCTORS 9:00-10:00  <b>ZUMBA</b> STEPHANIE 9:00-10:00  <b>PILATES</b> LEE 10:15-11:15	<b>STEP &amp; TONE</b> PAUL 9:00-10:00  <b>THE WORKS</b> JAY 9:00-10:00  <b>HATHA YOGA</b> ANDREA 11:00-12:00	<b>TOTAL BODY CONDITIONING</b> ALTERNATE INSTRUCTORS 9:30-10:30
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## LUNCH TIME CLASSES:

<b>THE WORKS</b> JAY 12:05-12:50	<b>HATHA YOGA</b> ANDREA 12:05-1:00	<b>TOTAL BODY CONDITIONING</b> JAY 12:05-12:50	<b>HATHA YOGA</b> ANDREA 12:05-1:00	<b>THE WORKS</b> JAY 12:05-12:50	<p align="center">— HOURS —</p> <p align="center"><b>MON - THURS</b></p> <p align="center">5:30am - 9:30pm</p> <p align="center"><b>FRI</b></p> <p align="center">5:30am - 9:00pm</p> <p align="center"><b>SAT</b></p> <p align="center">7:30am - 5:00pm</p> <p align="center"><b>SUN</b></p> <p align="center">8:00 - 4:00pm</p> <p align="center"><b>PLAYCARE HOURS</b></p> <p align="center">MON - SAT 9-12</p>
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## EVENING SESSIONS:

<b>C.C.T.</b> JAY 6:00-7:00  <b>VINYASA YOGA</b> POLLY 6:00-7:00  <b>PADS &amp; ABS</b> JAY 7:00-8:00 additional fees	<b>THE WORKS</b> JAY 6:15-7:15	<b>CARDIO BLAST</b> NICOLE 6:00-7:00	<b>THE WORKS</b> JAY 5:45-6:45  <b>HIIT BOOTCAMP</b> STEFANIE 7:00-8:00 additional fees	<b>TOTAL BODY CONDITIONING</b> JAMIE/MATT 5:30-6:30	
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**Family Day Feb. 18**

mats available \* no charge for kids

**BRING YOUR KIDS TO YOGA**  
new time! 11:15 AM - 12 PM

Please note, instructors and classes may vary.

## ATHLETIC TRAINING

High intensity total body workout featuring scientifically proven metabolic circuit training using a combination of functional fitness and athletic conditioning.

### C.C.T : CIRCUIT CARDIO TRAINING (BEGINNER)

Heart rate will be high as you use your body weight. See how your body can be pushed.

### CARDIO BLAST

Rev up your cardio with this high energy, heart pumping workout. Guaranteed to make you sweat and burn calories.

### CARDIO FAT BLAST

This high energy cardio based workout builds strength and stamina while blasting the fat away with athletic aerobic movements.

### GENTLE FIT

Low intensity cardio workout with hand weights. Low impact class, stretching and core work.

### HIIT BOOTCAMP (additional fees)

This one hour class with Stefanie will be a mix of High Intensity Interval Training with added weights & equipment. We will focus on high intensity intervals with explosive exercises to get the heart rate up, alternated with short intervals of active recovery. This upbeat hour with fun music and a mixture of cardio, plyometrics, body weight exercises & weight training will be sure to make you sweat!

### KINSTRETCH

A movement enhancement system that develops maximum body control, helps build flexibility and usable ranges of motion.

### PADS & ABS (additional fees)

Punch, kick, sprawl and crunch your way through this high intensity work out. Genuine boxing/MMA conditioning drills are used to increase your cardiovascular endurance while exciting pad striking combinations develop your technique, speed and intensity. No experience needed and all equipment provided.

### PILATES

This blend of flexibility, core and mind exercises will improve posture, reduce stress and strengthen the core.

## POWER SCULPT

A full body strength training session using free weights and Body Bars. A challenging workout that will leave you feeling every muscle in your body.

### STEP & TONE

An excellent workout using a step, great music and free weights. A full body workout helps you feel the burn and have fun in this class.

### STRONG

Stop counting the reps. Start training to the beat. STRONG by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

### TOTAL BODY CONDITIONING

Challenge yourself to this High energy class that stimulates all of your body's muscles while boosting your metabolism and burning more calories.

### THE WORKS

Barbell squats, dead lifts, bench press, box jump, and sprints. Blast through this total body workout using proven weight training exercises combines with a large spectrum of athletic based conditioning drills.

### HATHA YOGA

Sequence of postures designed to align your skin, muscles and bones. Hatha will open many channels in your body allowing energy to flow freely.

### VINYASA YOGA

Breath - synchronized movement sometimes referred to as flow. Classes are diverse and sequencing will vary with instructors' philosophy.

### ZUMBA

ZUMBA is a dance fitness program made up of Latin and international rhythms that are sure to make you move and sweat! This party atmosphere is designed to give you a total body workout combined with all elements of fitness-cardio, muscle conditioning, balance and flexibility.