

RESOLUTION FITNESS

GROUP FITNESS SCHEDULE/JANUARY 2019

MONDAY	6:15-7A	SPIN KEITH	STUDIO 3
	6:15-7A	BARRE FUSION LILIA	STUDIO 1
	12-12:45P	KETTLEBELL CONDITIONING JULIE	STUDIO 1
	12:30-1:15P	TREK AND TONE MIA*	FITNESS FLOOR
	12:45-1:30P	TURBOFIT WAYNE	STUDIO 1
	1-1:45P	TRIGGERPOINT YOGA KAREN	STUDIO 2
	6-6:45P	BARRE STRONG KATIE	STUDIO 1

TUESDAY	6:15-7A	SPIN CAROLINA	STUDIO 3
	7-7:30A	CORE CRUSHER CAROLINA*	STUDIO 1
	12-12:45P	RIP N' RIDE JAMEELAH	STUDIO 3
	12-12:30P	SHOCK ROBERT	STUDIO 1
	12:30-1P	SHOCK ROBERT	STUDIO 1
	1-1:45P	BARRE FUSION LILIA	STUDIO 1
	5:30-6:15P	ZUMBA LILIA	STUDIO 1
6:30-7:45P	VINYASA YOGA FRANI	STUDIO 1	

WEDNESDAY	6:15-7A	SPIN KEITH	STUDIO 3
	7-7:30A	FIRE KATIE*	STUDIO 1
	12-12:30P	SHRED SAM	STUDIO 1
	12-12:45P	RIP N' RIDE NICOLE	STUDIO 3
	12:30-1P	CORE CRUSHER SAM	STUDIO 1
	1-1:30P	OCTANE CROSS CIRCUIT NOEL*	FITNESS FLOOR
	1-1:45P	BALLET STRONG SAM	STUDIO 1
5:30-6:30P	POWER PILATES MICHAEL	STUDIO 1	

THURSDAY	6:45-7:30A	CIRCUIT BLAST MATT	STUDIO 1
	12-12:45P	POWER PILATES MONIQUE	STUDIO 1
	12-12:30P	TREKKING ROBERT	FITNESS FLOOR
	12:30-12:45P	CORE CRUSHER ROBERT	FITNESS FLOOR
	12:45-1:30P	KICK & CUT MONIQUE*	STUDIO 1
	5:30-6:15P	BEAT BOSS KEISHA	STUDIO 3
6:15-7P	TOTAL BODY BLAST KEISHA	STUDIO 1	

FRIDAY	6:15-7A	SPIN KEITH	STUDIO 3
	7-7:30A	SHRED KEITH	STUDIO 1
	12-12:30P	TABATA POWER LAWANDA	STUDIO 1
	12:30-1:15P	YOGA COOPER/KRISTIN*	STUDIO 1



*Indicates new class or instructor
 *Indicates class is limited to 6 spots. Email Noel at noelr@191resolutionfitness.com
 *Kangoo Jumps replaces this class every 3rd Thursday of each month
 CLASSES ARE SUBJECT TO CHANGE BASED ON INSTRUCTOR AVAILABILITY



CLASS DESCRIPTIONS

BALLET STRONG: This 45-minute heart-racing ballet and Pilates workout incorporates toning strength training exercises and cardio as you work up a sweat!

KETTLEBELL CONDITIONING: Tone your entire body with kettle bells in this sculpting class that combines cardio and strength training for an intense full-body workout.

SPIN: If you are looking for a heart racing, cardiovascular strengthening interval class, then you've found your solution! Get a great cardio workout in 45-minutes on our coach by color bikes!

BARRE STRONG: This toning class mixes the elements of pilates, ballet, yoga, and functional training. Focus on strengthening and lengthening your muscles.

KICK & CUT: This 45-minute class is not your typical kickboxing! Grab some weights to challenge yourself even more!

TABATA POWER: Push yourself to the max with this HIIT class designed to give you a total body strength and cardio workout in a quick 30 minutes.

BARRE FUSION: A mix between dance and heart pumping cardio and strength, this class will help you take your fitness to the next level!

OCTANE CROSS CIRCUIT: 30-minutes of intense cardio and strength training on the Octane Ellipticals with Powerblocks! (6 person maximum)

TOTAL BODY BLAST: This full body interval class will help you improve your cardio and strength all in one 45-minute class.

BEAT BOSS: Ride to the beat of every song during this 45-minute cycling class. Find your rhythm and challenge your legs like you never have before on a bike!

POWER PILATES: Improve your core strength, flexibility, and posture. This class adds more power to your Pilates routine using free weights, pilates rings, and bodyweight exercises.

TREKKING: Get your heart pumping and watch your cardio fitness increase with this treadmill workout. Go the distance with sprint intervals and hills!

CIRCUIT BLAST: Work your way through different workout stations in this full body circuit training class. This 45-minute class will tax your muscular strength and increasing your muscular endurance!

RIP N' RIDE: Improve your cardiovascular condition, increase muscle tone and have fun in this heart-racing cardio class mixed with free-weight toning exercises.

TRIGGERPOINT YOGA: Blending self applied trigger point treatments with functional yoga poses, relieve muscular tension and prepare your body to safely strength with this unique style of yoga.

CORE POWER: A strong core is integral to overall strength, posture, and daily life. Take this 30-minute core blaster to truly challenge your core strength!

SHOCK: Challenge yourself with this high-intensity interval training class! Be prepared for anything as you complete cardio drills and strength training moves.

TURBOFIT: Get your engine running and heart pumping with this high intensity cardio and strength training class!

FIRE: Standing for "Fierce Interval Resistance Exercise", this high intensity interval training class will combine calorie torching explosive cardio drills with functional exercise.

SHRED: A strength and muscle conditioning workout, this class will use body weight exercises and free weights to sculpt your entire body!

VINYASA YOGA: Vinyasa means "breath-synchronized movement." Through guided instruction, you will flow from one pose to the next seamlessly in this 45-minute class.

YOGA: Lengthen and tone your muscles as you find your center in this lunchtime yoga class.

ZUMBA: Add some international zest to your workout and dance your way into a better body!

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