

# class schedule

effective 1st | May 2019

All sessions must be reserved in advance  
 Non-attended scheduled sessions will be subject to a no-show charge  
 \$18 a la carte per class charge for Core members

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 - 6:00 am <b>WOD</b> Chloe	5:15 - 6:00 am <b>HIVEFITT</b> Shane	5:15 - 6:00 am <b>WOD</b> Chloe	5:15 - 6:00 am <b>HIVEFITT</b> Shane	5:15 - 6:00 am <b>WOD</b> Chloe	7:30 - 8:15 am <b>IGNITE45</b> George	8:15 - 9:15 am <b>WOD</b> Shane
6:15 - 7:00 am <b>WOD</b> Chloe	6:15 - 7:00 am <b>WOD</b> Leandra	6:15 - 7:00 am <b>HIVEFITT</b> Shane	6:15 - 7:00 am <b>WOD</b> Leandra	6:15 - 7:00 am <b>WOD</b> Chloe	9:00 - 10:00am <b>Memorial Day Bootcamp</b> Chloe May 25th	9:30 - 10:15 am <b>HIVEFITT</b> Shane
8:00 - 8:45 am <b>WOD</b> Chloe	8:15 - 9:00 am <b>HIVEFITT</b> Leandra	8:00 - 8:45 am <b>GRAVITY</b> Chloe	8:15 - 9:00 am <b>HIVEFITT</b> Leandra	8:00 - 8:45 am <b>WOD</b> Chloe	9:00 - 10:00 am <b>Run</b> Chloe N/A May 25th	10:15 - 11:00 am <b>WOD</b> Shane
8:30 -9:15 am <b>GRAVITY</b> Justin	9:00 - 10:00 am <b>Run</b> Chloe	9:15 - 10:00 am <b>GRAVITY</b> Chloe	9:00 - 10:00 am <b>Run</b> Chloe	9:15 -10:00 am <b>WOD</b> Chloe	9:00 - 10:00 am <b>Spartan</b> Eric N/A May 25th	
9:15 -10:00 am <b>WOD</b> Chloe	9:15 - 10:00 am <b>SLIDE</b> Leandra		9:15 - 10:00 am <b>SLIDE</b> Leandra		10:15 - 11:00 am <b>Box</b> Justin	
5:45 - 6:30 pm <b>WOD</b> Leandra	5:45 - 6:30 pm <b>HIVEFITT</b> Leandra	5:45 - 6:30 pm <b>WOD</b> Leandra	5:45 - 6:30 pm <b>HIVEFITT</b> Leandra			
6:45 - 7:30 pm <b>HIVEFITT</b> Leandra	6:15 - 7:00 pm <b>Box</b> Justin	6:45 - 7:30 pm <b>HIVEFITT</b> Leandra	6:45 - 7:30 pm <b>WOD</b> Leandra			
	6:45 - 7:30 pm <b>WOD</b> Leandra	7:00 - 8:00 pm <b>Yoga</b> Allison				



# class descriptions

Club Hours: Monday - Thursday 5:00 am - 9:00 pm  
Friday 5:00 am - 7:00 pm  
Saturday 7:00 am - 5:00 pm  
Sunday 7:00 am - 2:00 pm  
716.675.4483

## **Box**

A full-body strength and conditioning workout, incorporating various body weight exercises within boxing rounds to create a high intensity boxing experience. Be prepared to sweat and feel like a warrior.

## **GRAVITY**

Total-body functional conditioning that maximizes efficiency and effect. Participants become strong and mobile, working at their own ability and pace. Features a 45 minute personalized coaching in a spirited group setting on Total Gym.

## **HIVEFITT**

This class is for YOU! It doesn't matter what level you are. Come prepared to use medicine balls, kettlebells, battle ropes and more to put your heart rate and energy levels through the roof. You will leave this class with a body and mind that is truly HIVEFITT.

## **IGNITE45**

A high-intensity bootcamp style class. We will hit every major muscle group as we move through a variety of stations utilizing kettlebells, battle ropes, TRX, resistance bands and more.

## **Mommy & Me**

Bring the kiddos once a month while you're getting your Spartan on. Children aged 6-12 will spend an hour moving, jumping, laughing and playing games to keep them active and having fun!

## **Run**

A motivating, entertaining, educational and invigorating group exercise class for the treadmill. The pattern of the workout is based on interval training, short spurts of intense exercise followed by periods of rest that help build cardiovascular capacity and muscular strength.

## **Spartan**

Train like a Spartan. Be prepared for the ultimate strength and endurance challenge that is obstacle training.

## **Therapeutic Yoga**

Our Therapeutic Yoga Class is an hour full of lengthening muscle stretches coupled strategically with core muscle activation and balance activities. Our Physical Therapist Instructors incorporate appropriate focus on our breath to keep our minds away from distraction, allowing us to fully dedicate the time to our own bodies.

## **WOD**

Find your zone then push through it with the work out of the day. Our WOD combines strength training with metabolic conditioning using varying function movements executed at a high intensity.

## **SLIDE**

Slide focuses on lateral training to improve your balance, core strength and total body conditioning. We incorporate dumbbells and kettle bells on and off the slide boards for a low to mid- impact full body workout.

# hive