

# class schedule

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>IGNITE45</b> George	5:15 - 6:00 am <b>WOD</b> Chloe	5:15 - 6:00 am <b>HIVEFITT</b> Chloe	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> Megan
6:15 - 7:00 am <b>LIFT</b> Chloe	6:15 - 7:00 am <b>HYBRID DENSITY (UPPER)</b> Nick	6:15 - 7:00 am <b>HYBRID DENSITY</b> Nick	6:15 - 7:00 am <b>HYBRID DENSITY (FULL BODY)</b> Nick	6:15 - 7:00 am <b>LIFT</b> Chloe	9:00 - 10:00 am <b>GRAVITY</b> Nick	9:00 - 9:45am <b>GRAVITY</b> Mike
8:00 - 8:45 am <b>HIIT</b> Chloe	7:00 - 7:45 am <b>HIIT</b> Nick	8:00 - 8:45 am <b>GRAVITY</b> Chloe	7:00 - 7:45 am <b>HIIT</b> Nick	8:00 - 8:45 am <b>HIIT</b> Chloe	9:00 - 10:00 am <b>SPARTAN</b> Ian	9:30 - 10:15 am <b>HIVEFITT</b> Megan
8:30 -9:15 am <b>GRAVITY</b> Nick	8:00 - 8:45 am <b>MOMMY AND ME</b> Chloe	9:15 - 10:00 am <b>GRAVITY</b> Chloe	8:15 - 9:00 am <b>LIFT (LOWER)</b> Nick	9:15 -10:00 am <b>WOD</b> Chloe	10:15 - 11:00 am <b>FIGHT CLUB</b> Ian	10:15 - 11:00 am <b>WOD</b> Megan
9:15 -10:00 am <b>WOD</b> Chloe	8:15 - 9:00 am <b>LIFT (UPPER)</b> Nick		9:00 - 10:00 am <b>RUN</b> Chloe			
	9:00 - 10:00 am <b>RUN</b> Chloe		9:15 - 10:00 am <b>TRIPLE THREAT</b> Nick			
	9:15 - 10:00 am <b>TRIPLE THREAT</b> Nick		10:00 - 10:45 am <b>MOMMY AND ME</b> Chloe			
5:45 - 6:30 pm <b>HIIT</b> Nick	5:45 - 6:30 pm <b>HYBRID DENSITY (UPPER)</b> Nick	5:45 - 6:30 pm <b>HIIT</b> Nick	5:45 - 6:30 pm <b>HYBRID DENSITY (LOWER)</b> Nick			
	6:15 - 7:00 pm <b>FIGHT CLUB</b> Ian	7:00 - 8:00 pm <b>VINYASA FLOW</b> Sandy				

# 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  
716.625.4483

## **FIGHT CLUB**

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**

Don't be fooled by the cuteness...this class is designed to incorporate your child into your workout. You will use the body weight of your child in many ways to get an excellent workout while spending time with your mini me!

## **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.

## **VINYASA FLOW**

Our Vinyasa Flow Class is an hour full of lengthening muscle stretches coupled strategically with core muscle activation and balance activities.

## **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.

## **TRIPLE THREAT**

Focuses on lateral training to improve your balance, core strength and total body conditioning. We incorporate dumbbells and kettlebells for a low impact full body workout.