



POWER STATION GROUP EX CLASSES



MON

TUE

WED

THU

FRI

AM

TABATA
6:30-7:00GUN SHOW
7:30-8:00CIRCUIT
6:30-7:00ROCK
BOTTOM
7:30-8:00SIMPLY
STRETCH
6:30-6:50

LUNCH

CYCLE
12:05-12:35

NEW

GUN SHOW
12:05-12:50CIRCUIT
12:05-12:50ROCK
BOTTOM
12:05-12:50M.A.D.
BALANCE
12:05-12:35

PM

ROCK
BOTTOM
5:30-6:00

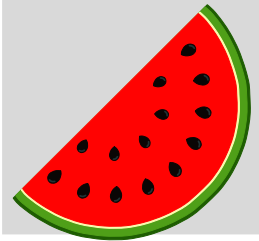
NEW

GUN SHOW
5:30-6:00

NEW

CIRCUIT
5:30-6:00

NEW



M.A.D. BALANCE

30 MINUTE LOW IMPACT, LOW INTENSITY SESSION BASED OFF MOVEMENT TRAINING SYSTEMS PRINCIPALS
FOCUSING ON STRENGTHENING YOUR BACK AND BALANCE.

TABATA

High intensity interval training designed to maximize your calorie burning power.
20 second work intervals with 10 second breaks!

ROCK BOTTOM

This 40 minute class will focus on strengthening the lower body only using a mixture of weights, bands, and KB's

GUN SHOW

This 40 minute class will focus on strengthening the upper body only using a mixtures of weights, bands, and KB's

CYCLE

NEW

A challenging instructor-led cycling class full of intervals and hill challenges.

CIRCUIT

This full body workout will consist of a number of different exercise stations around the room.

