



GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					TEAM TRAINING 9:00am w/SAM
TEAM TRAINING 6:30pm w/SAM	TEAM TRAINING 6:30pm w/SAM	TEAM TRAINING 6:30pm w/SAM			

- Yoga = Involves movement, meditation, and breathing techniques to promote mental and physical well-being.
- Pilates Mat = Low impact, low intensity workout that will tone your muscles, strengthen your core, and increase range of motion & flexibility!
- Cardio Sculpt = A seamless fusion of strength, cardio, and core for total-body results.
- TEAM TRAINING = Boot camp style class with a mix of weights, HIIT and cardio for a total body workout that is geared towards RESULTS. Taught by Certified Personal Trainer.

ALL class participants are required to check into the class through the Powerhouse PHG app – Please see front desk for instructions to download.

TEAM classes are only included for Premier Memberships – Please see front desk to upgrade.