



GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<p>TEAM TRAINING</p> <p>9:00am w/SAM</p>		
<p><i>Cardio</i> SCULPT</p> <p>5:30pm w/LOREN</p>	<p> ZUMBA</p> <p>5:30pm w/LOREN</p>	<p><i>Cardio</i> SCULPT</p> <p>5:30pm w/LOREN</p>				
<p>TEAM TRAINING</p> <p>6:30pm w/SAM</p>	<p>TEAM TRAINING</p> <p>6:30pm w/SAM</p>	<p>TEAM TRAINING</p> <p>6:30pm w/SAM</p>				

- **Zumba** = A total workout, combining all elements of fitness. Cardio, muscle conditioning, balance and flexibility. Boosted energy and a serious dose of awesome each class!
- **Cardio Sculpt** = Bodyweight and light dumbbell movement combined with cardio movement to get your heart rate up.
- **TEAM - \$\$\$** = Taught by a certified Personal Trainer this class is a boot camp style class with a mix of weights, HIIT and cardio for a total body workout that is geared towards RESULTS.

*ALL class participants are required to check into the class through Powerhouse Gym’s online app – Please see front desk for instructions to download

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