



GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					TEAM TRAINING 9:00am w/SAM	JUMP TO THE BEAT 9:00am w/SAM
TEAM TRAINING 6:30pm w/SAM	TEAM TRAINING 6:30pm w/SAM	TEAM TRAINING 6:30pm w/SAM				

• 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.

• JUMP TO THE BEAT = Jump Rope Class designed to burn calories, help with bone density, and improve cardiovascular. 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 the front desk to upgrade.