

Hour	M	T	W	Th	F	Sa	Su
6:00 AM		Roll Call Tiffany		Roll Call Tiffany			
6:30							
7:30							
8:00			Barre Fusion Gina				
8:30							Barre Fusion Gina
9:00		Barre Fusion Shelley		Barre Fusion Shelley			
9:30 AM	Barre Fusion Jennifer		Barre Fusion Gina		Core Pilates Jennifer	Core Pilates Christina	
10:30							
1:00 PM		Boot Camp Maura		Boot Camp Maura			
6:00 PM					Cardio Kick IT Tina		
6:30		Brandie -Bosu		Brandie- Bosu			
7:30	Cardio Kick IT Tina						

Class Descriptions

Roll Call is a 6 week group Personal Training Program that blends traditional military protocol and exercise with new functional movements. Team building, small group tasks and missions will be a part of this 6 week camp. You will leave this program with a higher level exercise discipline, a healthier body and most importantly a feeling of being part of a team!

Boot Camp- 'ENLIST' in this 6 week training program taught in a circuit ,interval style. It is efficient because you work your entire body--heart and muscles--by going from one exercise to another with little or no rest. The workouts involve body weight strength training exercises, resistance training, cardio and functional movements. In boot camp, your challenge is to take your body to its limit. You work, you sweat and, best of all, you burn calories like crazy. Each exercise is different so you don't get bored.

Core Pilates

Brandie-Bosu Training is an hour of cardio, strength, balance and core training on the BOSU balance trainer. From the beginner to the advanced exerciser, this class has something for everyone! Created by Belvedere's Brandie Sylfae, the term "BOSU or, Both Sides Utilized," is a mindful approach to exercise that goes beyond traditional training. Your balance, core stability, and cardio endurance will be challenged with this innovative fitness tool.