

APRIL GROUP FITNESS 2022

Please reserve your spot on myiclubonline.com or call **(603)329-9585**

class descriptions

MONDAY

8:30-9:30
INTERVAL CIRCUIT
Talia

5:30-6:30
FBLB
Danny

TUESDAY

8:30-9:30
ONE MORE REP
Jimmy

5:30-6:30
ARMS & ABS
Carl

WEDNESDAY

8:30-9:30
POWER
Danny

5:30-6:30
WEIGHTS & PLATES
Carl

THURSDAY

8:30-9:30
ONE MORE REP
Jimmy

6:00-7:00
PUMP IT UP
Carl

FRIDAY

8:30-9:30
POWER
Danny

INTERVAL CIRCUIT: Interval Training sequence with high & low intensity exercises. Building cardiovascular fitness while improving muscular strength and endurance. Abs and stretching are also incorporated.

FEEL THE BURN, LOVE THE BURN (FBLB): A high Intensity hour packed full of high volume resistance training movements and cardio Intervals to aid in muscular endurance, joint stability, and a new found youthfulness.

ONE MORE REP: A mix of classic barbell and dumbbell movements with quick bursts of cardio to build strength and get your heart pumping.

POWER: Movements to help with functionality with dumbbell, barbell & HIIT cardio to find a new found power.

ARMS & ABS: Exactly what the name says. Starting with a warm up then focusing on upper body exercises at various tempos and finishing off with some killer ab exercises and a nice cool down and stretch.

WEIGHTS & PLATES: Target your lower body with fundamental weight lifting exercises. Get ready to get strong!

PUMP IT UP: Tickets to the gun show? Right this way! Blast your upper body circuit style using compound and accessory movements that work the back, biceps, and triceps!

Non-members can join any class for \$10.00

Classes with consistently low attendance may be cancelled at any time.