



IGNITE

TRAINING STUDIO

SEPTEMBER CLASS SCHEDULE

AM BLOCK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 - 6:30 AM	GRIT* <small>DANA</small>		GRIT* <small>DANA</small>		GRIT* <small>DANA</small>
7:00 - 7:30 AM	BOXING HIIT <small>CHELSEA</small>		BOXING HIIT <small>CHELSEA</small>		BOXING HIIT <small>CHELSEA</small>
7:40 - 8:10 AM	TEAM CIRCUIT <small>CHELSEA</small>		TEAM CIRCUIT <small>CHELSEA</small>		TEAM CIRCUIT <small>CHELSEA</small>
8:20 - 8:50 AM		CROSSCORE <small>CHELSEA</small>		CROSSCORE <small>CHELSEA</small>	
9:00 - 9:30 AM		TEAM CIRCUIT <small>CHELSEA</small>		TEAM CIRCUIT <small>CHELSEA</small>	
9:40 - 10:10 AM		BOXING HIIT <small>CHELSEA</small>		BOXING HIIT <small>CHELSEA</small>	
PM BLOCK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
5:45 - 6:15 PM	GRIT* <small>COURTNEY</small>	BOXING HIIT <small>CHELSEA</small>	GRIT* <small>COURTNEY</small>	GRIT* <small>COURTNEY</small>	
6:25 - 6:55 PM	BOXING HIIT <small>COURTNEY</small>	TEAM CIRCUIT <small>CHELSEA</small>	CROSSCORE <small>COURTNEY</small>	CROSSCORE <small>DANA</small>	
7:05 - 7:35 PM	TEAM CIRCUIT <small>DANA</small>	CROSSCORE <small>CHELSEA</small>	BOXING HIIT <small>DANA</small>	TEAM CIRCUIT <small>DANA</small>	
REFORMER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
5:00 - 5:30 PM	REFORMER EXP** <small>MEGAN</small>			REFORMER EXP** <small>MEGAN</small>	
5:30 - 6:00 PM	REFORMER EXP** <small>MEGAN</small>			REFORMER EXP** <small>MEGAN</small>	

CLASS DESCRIPTIONS

GRIT: IS A LES MILLS 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING (HIIT) PLYOMETRIC-BASED WORKOUT, DESIGNED TO MAKE YOU PERFORM LIKE AN ATHLETE. THIS WORKOUT USES A BENCH AND COMBINES EXPLOSIVE JUMPING EXERCISES WITH AGILITY TRAINING TO INCREASE EXPLOSIVENESS AND TO BUILD A LEAN AND ATHLETIC BODY.

BOXING HIIT: THIS IS A HIGH INTENSITY INTERVAL TRAINING (HIIT) CLASS UTILIZING THE HEAVY BOXING BAG AS WELL AS OTHER CARDIO, WEIGHT TRAINING, AND BODY MOVEMENT EXERCISES DESIGNED IN A CIRCUIT FORMAT.

CROSSCORE: SIMILAR TO THE TRX (BUT BETTER!), THIS CLASS WILL UTILIZE THE CROSSCORE TRAINING SYSTEM FOR A FULL BODY SUSPENSION WORKOUT.

TEAM CIRCUIT: THE TEAM CIRCUIT TRAINING CLASS WILL INTEGRATE ALL OF THE QUEENAX EQUIPMENT FOR A FULL BODY WORKOUT. WORKING IN SMALL GROUPS OR PAIRS, YOU WILL USE TEAMWORK TO CREATE A FUN AND ENGAGING, BUT INTENSE, WORKOUT.

SUPERFUNCTIONAL: THIS IS A LOWER INTENSITY CLASS UTILIZING THE SUPERFUNCTIONAL APPARATUS FOR A FULL BODY WORKOUT INCORPORATING STRETCHING, BODY WEIGHT MOVEMENTS AND FUN.

REFORMER EXP: THIS 30-MINUTE REFORMER EXPRESS CLASS USES A SPECIALLY DESIGNED PIECE OF EQUIPMENT THAT ALLOWS FOR MORE THAN 200 EXERCISES THAT ENGAGE THE CORE WHILE TONING AND LENGTHENING MUSCLES. YOUR BODY IS TAKEN TO A NEW LEVEL USING SPRINGS AND PULLEYS TO INCREASE THE WORK LOAD AND ASSIST WITH STRETCHING AND STRENGTHENING. GREAT FOR ALL FITNESS LEVELS FROM BEGINNERS TO ATHLETES.

UNLIMITED CLASSES FOR JUST **\$60** PER MONTH

ALL CLASSES WILL BE HELD IN THE IGNITE TRAINING STUDIO UNLESS NOTED

*GRIT CLASSES WILL BE HELD IN GROUP EXERCISE ROOM

**REFORMER EXPRESS WILL BE HELD IN THE REFORMER ROOM



LIGHT THE FIRE WITHIN!