

# MIDTOWN **IFITNESS**

PERFORMANCE CENTER

## **Small Group Training**

### **Class Schedule**

**September 11th- December 8th**

## **FUNCTIONAL TRAINING**

Monday's at 5:30pm

**LOOKING FOR A FUNCTIONAL CLASS TO IMPROVE YOUR OVERALL PHYSICAL FITNESS LEVEL? THIS IS THE CLASS FOR YOU! WORKOUTS USE EQUIPMENT AND BODY WEIGHT WITH A TWIST OF FUN AND CHALLENGE! THERE IS SOMETHING FOR EVERYONE AND ALL ABILITIES ARE WELCOME!**

## **SWEAT**

Wednesday's at 7:00am

**GET READY TO MOVE AND SWEAT! THIS CLASS IS DESIGNED TO BURN CALORIES, INCREASE STRENGTH, AND INCREASE MUSCULAR ENDURANCE. WORKOUTS ARE HIGH INTENSITY AND USE SIMPLE MOVEMENTS WITH NO BARBELLS. ANY AGE AND ABILITY ARE WELCOME!**

## **W.O.W**

Thursday's at 5:30pm

**COME AND GET YOUR WORKOUT OF THE WEEK IN! THESE WORKOUTS WILL TEST YOUR ABILITY TO DO A HIGH VOLUME OF EXERCISES IN A SET AMOUNT OF TIME. THE WORKOUTS ARE HIGH INTENSITY AND USE COMPLEX MOVEMENTS. IT IS RECOMMENDED YOU HAVE A BASE OF EXERCISE EXPERIENCE BEFORE ATTENDING!**

**All classes are free!**

**\*\*Limited to first 15 participants\*\***

