

# MTC GROUP EXERCISE CLASS SCHEDULE

Effective: Feb 26, 2018

All classes must now be reserved online at [MINDBODY!](#) To ensure there is space for everyone!

LOCATION	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CYCLE	6:30 a		Cycling 45 mins (stephanie c)		Cycling 45 mins (stephanie c)	
ENERGY	7:00 a	HIIT (kash)	RIPPED (anthony)	HIIT (kash)	RIPPED (anthony)	HIIT (kash)
CORE	7:00 a	TRX EXPRESS 30 min. LIMIT 6 REGISTRATION REQUIRED (matt)	TRX BODY BLAST LIMIT 6 - 45 mins REGISTRATION REQUIRED (kori)	TRX EXPRESS 30 min. LIMIT 6 REGISTRATION REQUIRED (matt)	TRX BODY BLAST LIMIT 6 - 45 mins REGISTRATION REQUIRED (kori)	TRX EXPRESS 30 min. LIMIT 6 REGISTRATION REQUIRED (matt)
ENERGY	8:00 a		Kickboxing (kash)		Kickboxing (kash)	
CORE	11:30 a	TRX EXPRESS 30 min. LIMIT 6 REGISTRATION REQUIRED (matt)	TRX HIIT 30 min. LIMIT 6 REGISTRATION REQUIRED (anthony)	TRX EXPRESS 30 min. LIMIT 6 REGISTRATION REQUIRED (matt)	TRX HIIT 30 min. LIMIT 6 REGISTRATION REQUIRED (anthony)	TRX BODY BLAST LIMIT 6 REGISTRATION REQUIRED (matt)
ENERGY	11:30 a		Burn & Tone 30 min (matt)		Burn & Tone 30 min (matt)	
ZEN	12:15 p	Yoga (nadja)	Yoga (masha)	Yoga (nadja)	Yoga (masha)	Yoga (nadja)
CORE	12:15 p	FUSION FITT REGISTRATION REQUIRED (Kash and Matt)	TRX Power Hour LIMIT 6 REGISTRATION REQUIRED (anthony)	FUSION FITT REGISTRATION REQUIRED (Kash and Matt)	TRX Power Hour LIMIT 6 REGISTRATION REQUIRED (anthony)	TRX BODY BLAST LIMIT 6 REGISTRATION REQUIRED (erick)
CYCLE	12:15 p		Cycling 45 mins (matt)		Cycling 45 mins (kori)	
ENERGY	12:15 p	Cardio Pump REGISTRATION REQUIRED (steph)	BombayJam (rashida)	Cardio Pump REGISTRATION REQUIRED (steph)	ZUMBA (grace)	ZUMBA (laura)
ENERGY	4:00 p		Commit to Fitness 45 mins. (marie)		Commit to Fitness 45 mins. (marie)	
CORE	4:30 p	TRX HIIT LIMIT 6 - 45 mins REGISTRATION REQUIRED (josh)	TRX BODY BLAST LIMIT 6 - 45 mins REGISTRATION REQUIRED (erick)	TRX HIIT LIMIT 6 - 45 mins REGISTRATION REQUIRED (josh)	TRX BODY BLAST LIMIT 6 - 45 mins REGISTRATION REQUIRED (erick)	TRX HIIT LIMIT 6 - 45 mins REGISTRATION REQUIRED (josh)
ENERGY	5:00 p	Express Sculpt 30 mins (erick)		Butts and Guts 30 mins (tristan)		
CYCLE	5:30 p	Cycling 45 mins (kori)	FUSION FITT REGISTRATION REQUIRED (Kennedy and Frank)	Cycling 45 mins (kori)	FUSION FITT REGISTRATION REQUIRED (Amy and Kennedy)	
CORE	5:30 p	TRX Power Hour LIMIT 6 REGISTRATION REQUIRED (george)		TRX Power Hour LIMIT 6 REGISTRATION REQUIRED (george)		TRX BODY BLAST LIMIT 6 - 45 mins REGISTRATION REQUIRED (josh)
ZEN	5:30 p	Yoga (claudia)	Mat Pilates (jacquie)	Yoga (timea)	Yoga (nadja)	
ENERGY	5:30 p	ZUMBA (grace)		ZUMBA (Tristan)		Core @ 5 pm 30 min (erick)
ENERGY	5:45 p		Total Body Sculpt 45 min. REGISTRATION REQUIRED (erick)		Total Body Sculpt 45 min. REGISTRATION REQUIRED (erick)	
CORE	6:30 p	TRX BASIC for Beginners LIMIT 6 - 45 mins REGISTRATION REQUIRED (george)	TRX IRON Circuit LIMIT 6 - 45 mins REGISTRATION REQUIRED (kennedy)	TRX BASIC for Beginners LIMIT 6 - 45 mins REGISTRATION REQUIRED (george)	TRX IRON Circuit LIMIT 6 - 45 mins REGISTRATION REQUIRED (amy)	
ENERGY	6:35 p	Kickboxing (kennedy)	Core 30 min (erick)	Kickboxing (kennedy)	Core 30 min (erick)	

Classes and Instructors are subject to change.

Please note that we must have a minimum of 3 people to hold classes.

## **CLASS DESCRIPTIONS: All Classes are one HOUR unless otherwise noted**

**Bombay Jam:** Powered by the explosively fun, globally appealing Bollywood culture, Bombay Jam® is the ultimate dance fitness total body workout that is effective, safe, easy to follow and packed with authentic Bollywood flavor!

Bombay Jam® incorporates cardio and toning routines into one action-packed total body workout, and routines are set to custom music mixes created by Bombay's hottest DJs. The cardio routines incorporate basic, easy to follow dance fitness moves full of Bollywood flair, and the toning segment focuses on sculpting long, lean muscles.

**Cardio Pump:** Explosive intervals, plyometrics and effective strength training to give you the lean body and muscular tone you desire. 15-minute abs included.

**Commit to Fitness:** is geared to people who want to get in shape and commit to stay fit. This class includes a combination of strength training, cardiovascular exercises and stretching and also covers topics in health and wellness. It will help you burn fat, increase lean muscle mass, build healthy habits and make lifestyle changes that last.

**Core:** utilizing balance work, isolation and equipment, your lower back, oblique and abdominal muscles will be challenged.

**Fusion FITT:** Join a team of TWO of our instructors in this newest class addition! Be ready for any combination of Weights, TRX, Cycling, Kickboxing, Weights, Core and MORE. You will never know what to expect in this non-stop fusion of Strength and Cardio!

**HIIT: High Intensity Interval Training:** this will be a challenge from start to finish – always a surprise in store – the only guarantees are a calorie blasting workout and a whole lot of fun!

**KickBoxing:** this fun class will challenge your body and mind through intense drills that will strengthen, tone and contour your body.

**Pilates Fitbody Fusion:** you will begin class with classic Pilates work followed by challenging and fresh work that works the core and full body. Gain strength, maintain good posture, promote back health and gain flexibility. This class utilizes a mat and a variety of props.

**RIPPED:** a high energy, high intensity workout that combines effective cardiovascular exercises and weights and resistance. It will increase endurance and motivation to get to the next level.

**Cycling:** This is the ultimate and original indoor cycling program! NOW with Coach by Color training!!! The fundamental techniques and positions have been created to allow a safe, fun and effective workout. It is for every age and fitness level. This is your ride...take it!!

**Total Body Sculpt:** Focuses on sculpting and conditioning your entire body from head to toe using a variety of equipment and exercises. And for an extra challenge, stick around for the Core class directly following!!

**TRX Suspension Training:** Make your body your machine! The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance. *Delivers a fast, effective total-body workout-Helps build a rock-solid core-Increases muscular endurance-Benefits people of all fitness levels (pro athletes to seniors)*

-**TRX Iron Circuit** 60 minute of nonstop aerobic and anaerobic intervals utilizing heavy weights & the TRX suspension trainer to build strength, sculpt muscles, & burn fat.

-**TRX Power Hour** Develop strength and power – in this extended TRX circuit class – Join Anthony as he personalizes all workouts so you get the most out of your hour.

-**TRX Flow** Mobility and core-centric workouts that combine yoga-inspired movements and Pilates on the TRX suspension Trainer. Challenging strength, stability, and flexibility exercises that will make you sweat and stretch.

- **TRX HIIT** Blast fat and increase endurance with this TRX class featuring high intensity interval training (HIIT). Get a total body workout and your heart pumping using a combination of the TRX, weights and cardio. This class is perfect for anyone who wants a quick and efficient workout in only 30 minutes.

-**TRX Basic** Make the most of your TRX workouts! This class is designed to introduce students to the basics of TRX Suspension Training.

You will learn: -TRX Set-up -How to adjust difficulty level -Proper Body Positions and Transitions -Basic exercises working each muscle group

Don't be fooled by the name of the class – be prepared to sweat! All levels are welcome.

**Yoga:** integrate body and mind to increase flexibility, strength and mental awareness. Focuses on breathing, relaxation, strength and core power.

**Zumba®** is a fun and effective cardio workout, with simple dance and sculpting exercises designed to tone the entire body from top to bottom. Come move to Latin-inspired and international rhythms such as salsa, samba, reggae-ton, cumbia and even hip hop. You'll merengue and belly dance yourself healthier and happier! This energizing dance party is effective, easy to follow and no partner is required! Zumba® is the most fun you'll ever have while working out! One class and you'll be hooked!

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