

MTC GROUP EXERCISE CLASS SCHEDULE

Effective: March 6th 2017

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

LOCATION	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPIN	6:30 a		Spinning 45 mins (stephanie c)		Spinning 45 mins (stephanie c)	
ENERGY	7:00 a	HIIT (alison)	RIPPED (anthony)	HIIT (alison)	RIPPED (anthony)	HIIT (alison)
CORE	7:00 a	TRX EXPRESS 30 min. LIMIT 6 REGISTRATION REQUIRED (anthony)	TRX BODY BLAST LIMIT 6 - 45 mins REGISTRATION REQUIRED (kori)	TRX EXPRESS 30 min. LIMIT 6 REGISTRATION REQUIRED (anthony)	TRX BODY BLAST LIMIT 6 - 45 mins REGISTRATION REQUIRED (kori)	
CORE	11:30 a	TRX EXPRESS 30 min. LIMIT 6 REGISTRATION REQUIRED (frank)	TRX HIIT 30 min. LIMIT 6 REGISTRATION REQUIRED (alison)	TRX EXPRESS 30 min. LIMIT 6 REGISTRATION REQUIRED (frank)	TRX HIIT 30 min. LIMIT 6 REGISTRATION REQUIRED (alison)	TRX BODY BLAST LIMIT 6 REGISTRATION REQUIRED (alison)
ENERGY	11:30 a	Functional Fitness 30 min (alison)	Butts & Guts 30 min (matt)	Functional Fitness 30 min (alison)	Butts & Guts 30 min (matt)	HIIT Express 30 min (josh)
ZEN	11:30 a		Functional Flexibility 30 min (anthony)		Functional Flexibility 30 min (anthony)	
ZEN	12:15 p	Yoga (nadja)	Mat Pilates (jacquie)	Yoga (nadja)	Mat Pilates (young)	Yoga (nadja)
CORE	12:15 p	TRX BODY BLAST LIMIT 6 - 45 mins REGISTRATION REQUIRED (erick)	TRX Power Hour LIMIT 6 REGISTRATION REQUIRED (anthony)	TRX BODY BLAST LIMIT 6 - 45 mins REGISTRATION REQUIRED (erick)	TRX Power Hour LIMIT 6 REGISTRATION REQUIRED (anthony)	TRX BODY BLAST LIMIT 6 REGISTRATION REQUIRED (erick)
SPIN	12:15 p	Spinning 45 mins (matt)	Spinning 45 mins (matt)	Spinning 45 mins (matt)	Spinning 45 mins (kori)	
ENERGY	12:15 p	Cardio Pump REGISTRATION REQUIRED (steph)	ZUMBA (khel)	Cardio Pump REGISTRATION REQUIRED (steph)	ZUMBA (grace)	Zumba (laura)
ENERGY	4 pm		Commit to Fitness 45 mins. (marie)	Step (marie)	Commit to Fitness 45 mins. (marie)	Step (marie)
CORE	4:30	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 pm		Kickboxing Conditioning 30 min (kash)		Kickboxing Conditioning 30 min (kash)	Functional Flexibility 30 min (kash)
SPIN	5:30 p	Spinning 45 mins (kori)	Spinning 45 mins (dave)	Spinning 45 mins (kori)	Spinning 45 mins (dave)	
ZEN	5:30 p	Yoga (claudia)	Mat Pilates (jacquie)	Yoga (kirsten)	Yoga (nadja)	
CORE	5:30	TRX BODY BLAST LIMIT 6 - 45 mins REGISTRATION REQUIRED (george)	TRX FLOW LIMIT 6 - 45 mins REGISTRATION REQUIRED (amy)	TRX BODY BLAST LIMIT 6 - 45 mins REGISTRATION REQUIRED (george)	TRX FLOW LIMIT 6 - 45 mins REGISTRATION REQUIRED (amy)	TRX BODY BLAST LIMIT 6 - 45 mins REGISTRATION REQUIRED (amy)
ENERGY	5:30 p	ZUMBA (sarah)		ZUMBA (Tristan)		KickBoxing REGISTRATION REQUIRED Class size limited to 20 (kash)
ENERGY	5:45 p		Total Body Sculpt 45 min. REGISTRATION REQUIRED (kash)		Total Body Sculpt 45 min. REGISTRATION REQUIRED (kash)	
CORE	6:30 p	TRX BASIC for Beginners LIMIT 6 - 45 mins REGISTRATION REQUIRED (george)	TRX IRON Circuit LIMIT 6 - 45 mins REGISTRATION REQUIRED (amy)	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 REGISTRATION REQUIRED Class size limited to 20 (kash)	Functional Flexibility 30 min (kash)	KickBoxing REGISTRATION REQUIRED Class size limited to 20 (kash)	Functional Flexibility 30 min (kash)	

CLASS DESCRIPTIONS: All Classes are one HOUR unless otherwise noted

Butts & Guts: a focused 30-minute workout that takes small challenging motions and turns them into big results.

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.

Functional Fitness: Get body weight strong and torch fat with this class using little to no equipment. Keep your body guessing with intervals, progressions and plyometrics. This class is great for beginners or the advanced athlete and perfect for the working professional who travels frequently.

Functional Flexibility: Loosen up those tight muscles and gain mobility in this unique 30-minute stretching class. This is the perfect warm up before your workout. You will learn the proper way to use foam rollers and other stretching tools. Come in and leave feeling better than when you walked in the door!

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.

KBFOCUS: 45-minute intensive to challenge and train your whole body while working on Kickboxing technique

KBConditioning: 30 minutes to get your body ready and stronger! Using Kickboxing drills and conditioning to bring you to the next level

Mat Pilates: is an innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates focuses on: Postural symmetry, Abdominal strength, Muscular flexibility and toning, Body awareness, Agility and safe, economy of motion
Pilates dramatically transforms the way your body looks, feels and performs. It builds strength without excess bulk, creating a sleek, toned body and a flat abdomen. The Pilates method is an extremely flexible exercise program, suitable for the beginner to the seasoned athlete.

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.

Spinning: This is the ultimate and original indoor cycling program! 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!!

Step: this low-impact, cardiovascular workout utilizes one of the top aerobic training methods in the fitness industry to improve endurance, coordination and muscular strength.

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!

All classes must now be reserved online at [MINDBODY](#)

Classes and Instructors are subject to change.

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