



CLASS DESCRIPTIONS

FLIGHT

Our unique and innovative 45-minute HIIT class, which alternates 2 minutes of high intensity exercise with 30 seconds of active rest in a 7-element circuit. FLIGHTs are focused on functional body movements and strength training elements with a whole-body focus. Flights focus on strength and conditioning, while increasing cardiovascular endurance.

FLIGHT CORE

This specialized circuit takes the traditional Flight format and infuses it with exercises that engage the core through isometric and dynamic movement. Through each circuit your core will be tested with moves that push your limits in stability, endurance and strength, with each class ending in an ab-shredding Core Crusher.

FLIGHT ELITE

This high-intensity workout takes no prisoners! Prepare yourself for Founders most demanding class, which is designed to test the most veteran Founders' strength, skill and mental fortitude. With intense full-body exercises, little rest-time and willpower-checking stations, Flight Elite is made for the toughest of the tough.

FOUNDATION

Foundation classes have the same format as a Fight, but incorporate more of the basic fundamental exercises. These "back to basics," classes serve as a great introduction for anyone new to HIIT, but also provide a baseline for more experienced clients can test their progress, fitness level, and master the fundamental movements.

X-PRESS (NOT ON FALL SCHEDULE)

A fast paced, full-body circuit, X-Press is focused on conditioning, increased heart rate, and that sweet, sweet burn! It includes shorter intervals, shorter rest times, and an increased number of exercises. Each station in the circuit combines two exercises, either body weight, TRX, kettlebell or other light weight modality, which are paired together to optimize strength, conditioning and functional movement efficacy.

POWER

Using the Flight format, POWER pairs heavy, explosive or traditional weight training exercises with light-weight, dynamic ones in a low-rep superset. This combination of heavy and light loads, moved at high speeds, enhances the body's ability to recruit large numbers of muscle fibers and activate them quickly; increasing strength, speed and stabilization.

FORGE

Forge is focused on body building and traditional resistance training, encouraging a mind and muscle connection. Forge is one circuit, seven stations, with 5 minute time intervals. Exercises are performed at a slower pace with emphasis on form.

FUSION

This energy packed class is designed to give you the best of all classes for the most extreme workout! Fusion includes one circuit of 7 stations, each designed to target the one of the body's major muscle groups.

NITRO

Our highest intensity aerobic/anaerobic FLIGHT yet! Nitro FLIGHTS are focused on conditioning and elevated heart rate. Nitro includes a calisthenics circuit, a core sequence, and a cardio burst to wrap it all up. Your go-to class for heart rate elevation, intense cardiovascular conditioning.

RUSSIAN HARDSTYLE KETTLEBELL TRAINING

Are you ready to develop core crushing strength? Explore the most elusive type of strength training; the ability to generate power over and over again! Created and taught by our Kettlebell specialist, Coach Stephanie, this 1 hour workout is the ultimate mix of strength training and cardio. Clients will learn to swing Russian Hard Style, Conventional Romanian Deadlifts, Turkish GetUps, Clean and Press, Windmills, Old Fashion Bent Press, while engaging all your muscle groups. **Best of all... YOU'LL PERFECT YOUR HIP HINGE!**

CARDIO KICKBOXING

Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

PIYO FUSION

Developed by Coach Jessica, Piyo Fusion is Founders' twist on the combination of the muscle sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low impact workout that leaves your body looking long, lean, and incredibly defined.

RECOVERY

It's time to Recover from a week of hard work, with Founders' unique Yoga experience. Designed, by our Resident Yogi, Coach Shelby, Founders Fitness Club members will stretch and improve mobility. This class brings the foundations of yoga and combines it with movements and flows designed to give your muscles a break. The specific areas that recovery focuses on but not limited to are: hamstrings, hips, shoulders, and low back. You will want to bring a mat, blocks, and strap if available