5.4.20

Be Better. Be Strong. Be You.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15		METCON (DOWNTOWN)		STRICTLY STRENGTH (DOWNTOWN)	SEMI TOTAL (DOWNTOWN)		
7:15	METCON (MILTON) METCON (DOWNTOWN)	UPPER & CORE (MILTON) SEMI TOTAL (DOWNTOWN)	LOWER (MILTON) SEMI TOTAL (DOWNTOWN)	METCON (MILTON) STRICTLY STRENGTH (DOWNTOWN)	50/50 (MILTON) BUTTS & BACK (DOWNTOWN)	METCON (DOWNTOWN)	
8:30	LIVE - METCON 50/50 (DOWNTOWN)	LIVE - UPPER & CORE SEMI TOTAL (DOWNTOWN)	LIVE - LOWER YOGA FUSION (DOWNTOWN)	LIVE - TRIGGER POINT SEMI TOTAL (DOWNTOWN)	LIVE - 50/50 METCON (DOWNTOWN)	METCON (MILTON) METCON (DOWNTOWN)	
9:45	METCON (MILTON)	BUTTS & BACK (MILTON) STRICTLY STRENGTH (DOWNTOWN)	STRICTLY STRENGTH (MILTON) METCON (DOWNTOWN)	UPPER/CORE (MILTON) UPPER/CORE (DOWNTOWN)	METCON (MILTON) SEMI TOTAL (DOWNTOWN)	SEMI TOTAL (DOWNTOWN)	
11:00	SEMI TOTAL (MILTON) BUTTS & BACK (DOWNTOWN)	SEMI TOTAL (DOWNTOWN)	SEMI TOTAL (MILTON) SEMI TOTAL (DOWNTOWN)	SEMI TOTAL (DOWNTOWN)	KETTLEBELL (DOWNTOWN)	SEMI TOTAL (DOWNTOWN)	
12:30	SEMI TOTAL (MILTON) METCON (DOWNTOWN)	LIVE - YOGA FUSION TRIGGER POINT (DOWNTOWN)	STRICTLY STRENGTH (DOWNTOWN)	LIVE - BARRE CORE (DOWNTOWN)	SEMI TOTAL (DOWNTOWN)		
4:15	SEMI TOTAL (DOWNTOWN)	METCON (DOWNTOWN)	STRICTLY STRENGTH (DOWNTOWN)	LOWER (DOWNTOWN)			
5:30	METCON (DOWNTOWN)	SEMI TOTAL (DOWNTOWN)	BUTTS & BACK (DOWNTOWN)	UPPER/CORE (DOWNTOWN)			

BUTTS & BACK	INTRODUCING BUTTS AND BACKS! This class is here to help us combat common imbalances. Expect a combination of strength, stability, and mobility work targeting our often-neglected posterior chain with the end goal being that we open up the chest, strengthen the back and get those poor sleepy glutes firing!
CORE	A core session will target all your core muscles and include heat cardio intervals to ensure you burn a ton of calories. Get ready to have upper and lower abdominals, obliques, glutes, and lower back torched and strengthened!
FUNCTIONAL FIT	Our functional fit session is perfect for the individual looking for a great full body workout without plyometric movements. If you have achy joints, movement limitations, or are unsure where you should start, this class is for you!
HEAT	Heat is a self-instructed workout lead by you! A workout will be provided and you get to push yourself with cardio-based movements that will challenge you and give you a good sweat on your own terms!
LOWER	This lower body class combines not only strength, explosivity, and stabilization which will help you develop all around stronger legs. Expect a big calorie burn from this powerhouse muscle group!
METCON	MetCon (Metabolic Conditioning) is a traditional FIIT Total Body Session. With the incorporation of strength, compound, and explosive movements, MetCon will get your metabolic furnace burning!
RECOVERY	Everyone needs to slow down! To build muscle, one must give the body a chance to slow down, rest and rebuild muscle. Our recovery session includes yoga, active stretching, foam rolling and trigger point.
SEMI-PRIVATE	This is your way to get private personal training with a coach to help reach your goals in a cost-effective way. There will be no more than 4 people in your training session – keeping you on track, accountable to your friends in your session and getting great coaching along the way specific to your needs!
TRX	This class will push you to new levels of strength using the TRX Suspension Trainer and your own body weight. Be ready to "feel the burn" as you power through multiple sets of high-tension loads in this time-based workout that features intermediate to advanced strength exercises. In this class, your cardio comes in the form of two unique blocks of strength exercises that deliver a high intensity workout sure to burn calories and leave you quivering during and long after your workout is complete.
UPPER	"Welcome to the gun show!" This upper body class will target biceps, triceps, muscles of the back and chest. Expect both strength and stabilization movements to be used during this session.
KETTLEBELL CIRCUIT	Total body exercise class using kettlebells that delivers cardio, strength, and flexibility in a heart pumping workout. We will focus on technique, safety and quality of movement for all fitness levels. Kettlebell moves are compound exercises that work multiple muscle groups simultaneously, so you get the most bang for your buck!
STRICTLY STRENGTH	Strictly strength's purpose is to BUILD YOUR ENGINE! In this class you can expect to challenge your muscles in a lower rep range, that yield huge bang for your metabolic buck. Burn endless calories for up to 48 hours post workout!
YOGA FUSION	A mix of traditional yoga poses incorporated with another form of fitness, such as Pilates or resistance training, is called yoga fusion. This blending of techniques focuses on combining mind and body exercises with the benefits of strength, aerobics, balance and flexibility.
BARRE	Barre is a high energy, low impact body workout focusing on isometric movements that sculpt your arms using light free weights and your own body's resistance! This is followed by intense barre work to define your thighs, glutes and abs.

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