



* Child Sitting Available: Mornings: Mon-Fri 10am; Sat 9am; and Afternoons Mon-Thur 5-7pm *

	MONDAY	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00 AM	BootCamp by (A)	Hurricane by (F)	KettleBell by (F)	BootCamp by (F)	Hurricane by (A)	
9:00 AM *						Ultimate BootCamp (D) by
10:00 AM *	BootCamp by (D)	Hurricane by (A)	KettleBell by (D)	BootCamp by (A)	Hurricane by (D)	
04:00 PM	BootCamp by (F)		KettleBell by (D)			
5:00 PM *	BootCamp by (D)	Hurricane by (D)	BootCamp by (A)	BootCamp by (D)		Boot Camp Instructors:
05:30 PM					Hurricane by (F)	(A)=Angelika, (D)=Danny
6:00 PM *	BootCamp by (F)	Hurricane by (A)	BootCamp by (A)	BootCamp by (A)		(F)=Frankie

CLASS DESCRIPTIONS

MON & THU *TFW Upper & Lower Body Strength: Monday's are Upper Body; Thursday's are Lower Body strength training. It's important to work on muscular strength and muscular endurance if you are trying to lose body fat and/or lean tissue. During these classes we focus on your major muscle groups and utilize barbells, dumbbells, pull-up bars, and TRX'S.*

TUES & FRI *TFW Hurricane: TFW has 6 signature Hurricane workouts. A Hurricane day is a metabolic workout that goes along with burning fat and building muscle. Why is it called a Hurricane day. It's a brief but powerful workout that creates a disturbance in the body. Once that is done, you will burn more fat and be leaner. The 6 workouts are Hurricane, warrior days, pyramid, energy circuits, timed events, and sprint/tabata.*

WED: *KettleBell by RE: This workout combines cardio with strength and flexibility training to give you a safe and effective workout. Kettlebells are extremely effective training tools for providing total-body strength and conditioning. As with any technical movement, lift, or skill, proper coaching is required to maximize the benefits.*

WED: *TFW Body Speed Strength: It's a combination of a metabolic and strength days. This day is a day where you use strength exercises but you do them faster without sacrificing form or intensity. This type of workout increases power. The speed/strength days is the middle ground of a strength day and a metabolic day. There are 4 styles of workouts for speed/strength. Decathlon/Hepth, 100 rep, 9-5 workout, and a bar complex workout.*

SAT: *Ultimate by RE: Ultimate boot camp is a 60-minute class that hits all major muscle groups. Performed using a variety of equipment: dumbbells, medicine balls, ARX, kettlebells, pull-up bars, and more; while using a variety of body movements. The ultimate workout for optimal fitness!*

Florida Health Care Plans
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FLHC Eligible Classes (Listed in Blue)
FLHC Upgrade \$50/mo to access other classes and times

We proudly take the preferred fitness program.

THE DIFFERENCE BETWEEN
TRY AND TRIUMPH
IS A LITTLE
UMPH
-Marvin Phillips

CHANGE NOTHING
and
NOTHING CHANGES.
2day FIX

THE DIFFERENCE BETWEEN YOUR BODY
THIS WEEK & NEXT WEEK
IS WHAT YOU DO FOR THE NEXT SEVEN DAYS
TO ACHIEVE YOUR GOALS