



REPEAT AFTER ME
"I CAN DO THIS"



* 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
 An Independent Licensee of the Blue Cross and Blue Shield Association
FLHC Eligible Classes (Listed in Blue)
 FLHC Upgrade \$50/mo to access other classes and times

We proudly take the preferred fitness program.

IT COMES DOWN TO ONE SIMPLE THING:

HOW BAD DO YOU WANT IT?

PUSH YOURSELF
 NO ONE IS GOING TO DO IT FOR YOU

FITNESS!
 A LIFESTYLE WITH NO FINISH LINE.