



**Child Sitting Available: Morning 9am Monday-Friday, 5pm per request**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:00 AM	Strength Training	Conditioning	Speed & Power	Strength Training	Conditioning	
08:00 AM	Strength Training	Conditioning	Speed & Power	Strength Training	Conditioning	Weekend Warrior
09:00 AM	Strength Training	Conditioning	Speed & Power	Strength Training	Conditioning	Weekend Warrior
05:00 PM	Strength Training	Conditioning	Speed & Power	Strength Training		

**CLASS DESCRIPTIONS**

MON & THU	<i>Upper &amp; Lower Body Strength Training: These classes focus on muscular strength and endurance and are programmed to help you lose body fat and/or gain lean tissue. We will work your major muscle groups and utilize a variety of body weight exercises, bands, barbells, dumbbells, pull-up bars, and TRX'S. Class size is kept to a minimum to ensure close supervision for proper form and safety. Every class is adaptable to your needs and current fitness level.</i>
TUES & FRI	<i>Conditioning: A Conditioning day is a metabolic workout that both burns fat and builds muscle. It's a brief but powerful workout that creates a disturbance in the body so you will burn fat all day long and become leaner. Conditioning days involve a variety of HIIT, pyramid workouts, timed events, energy circuits, and sprint/tabata. This is a high energy workout designed to help you have fun whilst turning your body into a fat burning furnace! Go at your own pace.</i>
WED:	<i>Speed &amp; Power: If Revive's Strength Training Days and Conditioning Days met and had a baby--this workout is it! You will perform various strength, cardio, and flexibility exercises and do them faster without sacrificing form or intensity. This type of workout increases both power and muscular endurance. As with any technical movement, lift, or skill, proper coaching is essential for safety and maximizing benefits. You will leave feeling powerful and ready to conquer your day!</i>
SAT	<i>Weekend Warrior: This ultimate boot camp is a 60-minute class that hits all major muscle groups. Performed using a variety of equipment: dumbbells, medicine balls, TRX, kettlebells, pull-up bars, and more; while using a variety of body movements. It combines conditioning and strength to make up for any workout you may have missed during the week and get your weekend off to a great start!</i>

**Florida Health Care Plans**  
An Independent Licensee of the Blue Cross and Blue Shield Association

**We proudly take the preferred fitness program.**

**Ask about our FHCP Upgrade Plan to access ALL Classes at a DEEP discount!**



@revivefitnesslife

Find us on: **facebook**

**& 5pm**

**Our 9am and 5pm classes will continue being livestreamed! Join Revive's group for details!**