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GROUP TRAINING SCHEDULE

IF YOU'RE TIRED OF STARTING OVER, STOP GIVING UP.



#REthink #REcharge #REvive

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|-------------------|--------------|-------------------|-------------------|--------------|-----------------|
| 06:00 AM | Strength Training | Conditioning | REcharge | Strength Training | Conditioning | |
| 08:00 AM | Strength Training | | REcharge | | Conditioning | |
| 09:00 AM | Strength Training | Conditioning | REcharge | Strength Training | Conditioning | Weekend Warrior |
| 05:00 PM | Strength Training | Conditioning | Small Group Only* | Strength Training | | |

CLASS DESCRIPTIONS

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|------------|--|
| MON & THU | <i>Upper & 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>Recharge Day: This class combines cardio, strength, and flexibility work to give you an extremely effective full body workout. You will perform a variety of functional movements to help you improve in all aspects of your training. Some strength exercises will be performed faster and with power without sacrificing form or intensity. We will also work on agility, flexibility, and ligament and tendon health.</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> |



We proudly take the preferred fitness program.

****Wednesday evenings are Small Group Only as of June 1st. Class only members may upgrade to a Small Group Session for a fee of \$10 per personal training session. Current small group offerings are at 4, 5:30, and 6pm on Wednesdays. Must pre-book your spot!**



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