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# Group Exercise High Intensity Class Schedule

MONDAY 5:00 AM-10:30 PM	TUESDAY 5:00 AM-10:30 PM	WEDNESDAY 5:00 AM-10:30 PM	THURSDAY 5:00 AM-10:30 PM	FRIDAY 5:00 AM-10:30 PM
5:45 AM HIIT Conditioning Upper Body Strength Studio A/Debbie C	5:15 AM SPINNING Intervals Studio B/Jeff	5:45 AM HIIT Conditioning Lower Body Strength Studio A/Debbie C	6:00 AM \$\$ TFW Energy Circuit Parisi	5:45 AM HIIT Conditioning Cardio & Strength Studio A/Debbie C
6:00 AM \$\$ TFW-Hurricane Parisi	6:00 AM \$\$ TABATA BOOTCAMP MFW	6:00 AM \$\$ TFW Energy Circuit Parisi	6:00 AM \$\$ TABATA BOOTCAMP MFW	9:30 AM HIGH Fitness Lindsey
8:15 AM HIIT the Water Indoor Pool	7:00 AM HIIT Circuit - Strength & Endurance Studio A/Felipe	9:30AM HIIT the Water Indoor Pool	7:00 AM MUSCLE BLAST Studio A/Felipe	10:30 AM HIIT Circuit w/TRX Cardio & Strength Sue
9:00 AM HIIT Conditioning EXPRESS* Studio A/Michelle	8:00 AM MUSCLE BLAST Studio A/Felipe	9:30 AM \$\$ TFW Energy Circuit Parisi	8:00 AM HIIT Circuit Strength & Endurance Studio A/Felipe	12:00 PM HIIT Circuit Strength & Endurance Studio A/Felipe
9:30 AM HIIT the Water Indoor Pool	6:30 PM SPINNING Intervals Studio B/Alice	10:15 AM HIIT Circuit** Strength & Endurance Studio A/Felipe	9:00 AM HIIT Conditioning EXPRESS* Studio-A/Betsy	
9:30AM \$\$ TFW-Hurricane Parisi		5:30 PM Combat Kickboxing Studio A/Pam	9:30 AM \$\$ TFW Energy Circuit Parisi	
9:30 AM HIGH Fitness Lindsey		7:30 PM \$\$ TFW Energy Circuit Parisi	5:00 PM MUSCLE BLAST** Studio-A/Felipe	
5:30 PM Combat Kickboxing Studio A/Pam			5:45 PM HIIT Circuit Strength & Endurance** Studio A/Felipe	
7:30 PM \$\$ TFW-Hurricane Parisi				

SATURDAY 6:00 AM-8:00 PM	SUNDAY 6:00 AM-8:00 PM
8:00 AM \$\$ TFW Energy Circuit Parisi	4:00 PM WEEKEND HIIT SURPRISE Indoor Pool
10:00AM SPINNING Intervals Studio B/Rotation	

Blue-Spinning (*See Spin Schedule)
Aqua—Aquatic classes
Pink—MAC For Women
Gold -Fee Based Training for Warrior Program
Purple-Fee Based Tabata Bootcamp at MAC for Women
<i>All classes are 55 minutes unless otherwise indicated. * 30 minute class ** 45 minute class</i>

High Intensity Interval Training is alternating bursts of intense activity with intervals of less intense recoveries. With **HIIT** training you get more fat burning cardiovascular exercise in a shorter period of time than steady pace training. This benefit is due to the use of your “fast twitch” muscle fibers that create power and strength. **HIIT** is an effective tool for increasing cardiovascular fitness, sculpting your physique and increasing metabolic rate. Not only are you burning more calories but also the effect of intense exertion kicks your body’s repair cycle into hyper drive, which means you burn more fat and calories within the 24 hours after your workout.

The BEST way to track how hard you are working, proper heart rate management, and energy output is by using our MyZone heart rate monitoring system. With the MyZone belt you will know exactly how hard you’re working and effectively recovering. Besides increased workout effectiveness, your training will become a personalized challenge of effort and heart rate control. The mastering of your intervals and recoveries will provide great improvement to your body composition and overall cardiovascular fitness!

The American Journal of Medicine has found that **HIIT** classes should not be done more than three times per week. **HIIT** is strenuous exercise and puts a strain on all your body’s systems, joints and muscles. When done excessively and without proper recovery, over-training could lead to a condition called rhabdomyolysis. We recommend that participation in **HIIT** classes be precluded by at least a modest exercise regimen. However, when heart rate tracking is integrated in the **HIIT** program, all participants at all levels can achieve benefits and improved fitness.

# High Intensity Class Descriptions

**Combat Kickboxing** is a high-energy martial arts-inspired workout that is guaranteed to get the heart rate up! In this class you will punch and kick your way to fitness. No experience needed. Relieve stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

**HIIT Conditioning Cardio & Strength**- A high energy, high intensity weight and cardio interval class for all fitness levels designed to keep the heart rate up. This class is a full body workout and utilizes equipment such as barbell, weights, bands, TRX and Bosu balls.

**HIIT Conditioning Upper Body Strength** - The same high intensity interval class as total body but this class will mainly focus on Upper Body Strength.

**HIIT Conditioning Lower Body Strength** - The same high intensity interval class as total body but this class will mainly focus on Lower Body and Core Strength.

**HIIT Conditioning Express** - A high energy, high intensity weight and cardio interval class for all fitness levels designed to keep the heart rate up all done with in a 30 minute class.

**HIIT Circuit Strength & Endurance** - This workout involves a series of exercises performed in a rotation with minimal rest using various types of equipment including the rowers, stairs, ropes, weights and TRX.

**HIGH Fitness** - HIGH Fitness is choreographed interval training with cardio peaks and toning tracks that is set to music you know and love. Low impact options provided through out class. All levels welcome.

**MUSCLE BLAST** - A weight and resistance class with added cardio intervals and some extra challenge for those who want to get it all.

**HIIT Conditioning w/TRX Total Body Strength** - A high energy, high intensity weight and cardio interval class for all fitness levels designed to keep the heart rate up. This class is a full body workout and utilizes equipment such as weights, bands and TRX. (offered at the MAC for Women)

**HIIT The Water** - An intense class designed for those who wish to obtain a cardio workout while using the natural resistance of the water to help increase strength, power, endurance and range of motion. The first 30 minutes is High Intensity Interval Training (HIIT) designed to challenge the cardio respiratory system, and the second half of the class challenges the muscles of the body with exercises specifically focusing on core power and control. (offered in the Indoor Pool)

**SPINNING** - Please reference our monthly Spinning calendar for more HIIT options. Race Day and Interval classes are scheduled at various times each month to reach all riders. The Spinning schedule is available on-line, at the front desk and on our mobile App

**Intervals (I)** - This profile will require alternate burst of speed and effort with recovery. You will increase your aerobic and anaerobic capacity which will lead to increased stamina and endurance. Be ready for various terrains with lots of intensity.

**Cadence** 80-120 RPM **Heart Rate Zones** 65-92% of max heart rate

**Race Day (RD)** - This is the ride you have been preparing for. This is your fitness test or the all out effort race. During this profile expect all terrains, while trying to give your best effort. It will challenge you to take this challenge.

**Cadence** 60-110 RPM **Heart Rate Zones** 75-92% of maximum heart rate

**TFW—Training for Warriors** - The TFW system began as a fitness program originally created for some of the best combat athletes in the world 20 years ago. Today, the training methods of the TFW system can benefit anyone looking to lose fat, build muscle and feel good. Fee based class.

**Energy Circuits** includes a different dynamic warm-up for 20-22 minutes, followed 5-6 stations each with a different area of work and focus. Each station lasts 30 second and up to 1 minute, switching stations with only 15-30 second rest until all the stations have been completed. After finishing the entire circuit recovery heart rates are monitored to make sure you are working in your right area. **Heart Rate Zones** 80-92% of maximum heart rate

**Hurricane** includes a dynamic 20 minute warm-up followed an ANAEROBIC challenge, which will test your ability to work at intensity levels of **80-92% of Max Heart Rate**. Training at this level is very challenging, but has been proven in exercise science to burn the most calories, get you in the best shape of your life, reduce body fat and inches. Heart rates are monitored to make sure you are working in your safe target heart range, by watching recovery heart rates.

**TABATA BOOTCAMP** - The is an 8 week program designed for Women only. These workouts are based on the HIIT principle to get your metabolism started. This HIIT class causes the body to take longer to get to a state of rest so it continues to burn calories (up to 5x more) at a higher rate long after each workout is completed. Fee based class.