

# RESOLUTION FITNESS

## GROUP FITNESS SCHEDULE/OCTOBER 2018

### MONDAY

6:15-7A	SPIN KEITH	STUDIO 3
6:15-7A	BARRE FUSION LILIA	STUDIO 1
12-12:45P	KETTLEBELL CONDITIONING JULIE	STUDIO 1
12:30-1:15P	TREK AND TONE EMMA	FITNESS FLOOR
12:45-1:30P	TURBOFIT WAYNE	STUDIO 1
1-1:45P	TRIGGERPOINT YOGA KAREN	STUDIO 2
6-6:45P	BARRE STRONG KATIE	STUDIO 1

### TUESDAY

6:15-7A	SPIN CAROLINA	STUDIO 3
7-7:30A	CORE CRUSHER TATUM	STUDIO 1
12-12:45P	RIP N' RIDE JAMEELAH	STUDIO 3
12-12:30P	SHOCK ROBERT	STUDIO 1
12:30-1P	SHOCK ROBERT	STUDIO 1
1-1:45P	BARRE FUSION LILIA*	STUDIO 1
5:30-6:15P	ZUMBA LILIA	STUDIO 1
6:30-7:45P	VINYASA YOGA FRANI	STUDIO 1

### WEDNESDAY

6:15-7A	SPIN KEITH	STUDIO 3
7-7:30A	FIRE TATUM	STUDIO 1
12-12:30P	SHRED SAM	STUDIO 1
12-12:45P	RIP N' RIDE NICOLE	STUDIO 3
12:30-1P	CORE CRUSHER SAM	STUDIO 1
1-1:30P	OCTANE CROSS CIRCUIT NOEL*	FITNESS FLOOR
1-1:45P	BALLET STRONG SAM	STUDIO 1
6-7P	POWER PILATES MICHAEL	STUDIO 1

### THURSDAY

6:45-7:30A	CIRCUIT BLAST MATT	STUDIO 1
12-12:45P	POWER PILATES MONIQUE	STUDIO 1
12-12:30P	TREKKING ROBERT	FITNESS FLOOR
12:30-12:45P	CORE CRUSHER ROBERT	FITNESS FLOOR
12:45-1:30P	KICK & CUT MONIQUE*	STUDIO 1
5:30-6:15P	BEAT BOSS KEISHA	STUDIO 3
6:15-7P	TOTAL BODY BLAST KEISHA	STUDIO 1

### FRIDAY

6:15-7A	SPIN KEITH	STUDIO 3
7-7:30A	SHRED KEITH	STUDIO 1
12-12:30P	TABATA POWER TATUM	STUDIO 1
12:30-1:15P	YOGA LAWANDA	STUDIO 1



\*Indicates new class or instructor  
 \*Indicates class is limited to 6 spots. Email Noel at [noelr@191resolutionfitness.com](mailto:noelr@191resolutionfitness.com)  
 \*Kangoo replaces this class every 3rd Thursday of each month  
 CLASSES ARE SUBJECT TO CHANGE BASED ON INSTRUCTOR AVAILABILITY



# CLASS DESCRIPTIONS

**BALLET STRONG:** This 45-minute Pilates workout incorporates ballet as you work up a sweat!

**KETTLEBELL CONDITIONING:** Tone your entire body with kettle bells in this sculpting class that combines cardio and strength training for an intense full-body workout.

**SPIN:** If you are looking for a heart racing, cardiovascular strengthening interval class, then you've found your solution! Get a great cardio workout in 45-minutes on our coach by color bikes!

**BARRE STRONG:** This toning class mixes the elements of pilates, ballet, yoga, and functional training. Focus on strengthening and lengthening your muscles.

**KICK & CUT:** This 45-minute class is not your typical kickboxing! Grab some weights to challenge yourself even more!

**TABATA POWER:** Push yourself to the max with this HIIT class designed to give you a total body strength and cardio workout in a quick 30 minutes.

**BARRE FUSION:** A mix between dance and heart pumping cardio and strength, this class will help you take your fitness to the next level!

**OCTANE CROSS CIRCUIT:** 30-minutes of intense cardio and strength training on the Octane Ellipticals with Powerblocks! (6 person maximum)

**TOTAL BODY BLAST:** This full body interval class will help you improve your cardio and strength all in one 45-minute class.

**BEAT BOSS:** Ride to the beat of every song during this 45-minute cycling class. Find your rhythm and challenge your legs like you never have before on a bike!

**POWER PILATES:** Improve your core strength, flexibility, and posture. This class adds more power to your Pilates routine using free weights, pilates rings, and bodyweight exercises.

**TREKKING:** Get your heart pumping and watch your cardio fitness increase with this treadmill workout. Go the distance with sprint intervals and hills!

**CIRCUIT BLAST:** Work your way through different workout stations in this full body circuit training class. This 45-minute class will tax your muscular strength and increasing your muscular endurance!

**RIP N' RIDE:** Improve your cardiovascular condition, increase muscle tone and have fun in this heart-racing cardio class mixed with free-weight toning exercises.

**TRIGGERPOINT YOGA:** Blending self-applied trigger point treatments with functional yoga poses, relieve muscular tension and prepare your body to safely strength with this unique style of yoga.

**CORE POWER:** A strong core is integral to overall strength, posture, and daily life. Take this 30-minute core blaster to truly challenge your core strength!

**SHOCK:** Challenge yourself with this high-intensity interval training class! Be prepared for anything as you complete cardio drills and strength training moves.

**TURBOFIT:** Get your engine running and heart pumping with this high intensity cardio and strength training class!

**FIRE:** Standing for "Fierce Interval Resistance Exercise", this high intensity interval training class will combine calorie torching explosive cardio drills with functional exercise.

**SHRED:** A strength and muscle conditioning workout, this class will use body weight exercises and free weights to sculpt your entire body!

**VINYASA YOGA:** Vinyasa means "breath-synchronized movement." Through gided instruction, you will flow from one pose to the next seamlessly in this 45-minute class.

**YOGA:** Lengthen and tone your muscles as you find your center in this lunchtime yoga class.

**ZUMBA:** Add some international zest to your workout and dance your way into a better body!

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