

GROUP X CLASSES

Group X - Class Description:

Kardio Barre – A full body workout using low impact movements. We work deep into the muscle with our small range movements, isometric holds and large range movements, working your muscles to the point of fatigue. This class is guaranteed to lean you out and tighten all your muscles!

Barre & Band – Taking the barre class next level by adding resistance bands to challenge every muscle for a full body workout!

Pilates Fusion- This class was designed by our top instructors. This class will take you through mat pilates work focusing on the core as well as strength exercises to strengthen your entire body.

Fire Starter- COMING SOON!(30 min) A High Intensity interval training Class. If you are looking for a quick fat burning, high intensity cardio class, this class is for you! Movements are done in 45 second intervals with a 15 second recovery. From Jumping jacks, burpees, air squats, push-ups, lunges, expect to stay on the move and burn calories!

AUG 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15 AM	PILATES FUSION Danielle		KARDIO BARRE Kari		PILATES FUSION Danielle		
9:00 AM							
10:15 AM		PILATES FUSION Danielle		KARDIO BARRE Kari		KARDIO BARRE Danielle	
12:00 PM							
4:30 PM		45 min BARRE & BAND Kari		45 min BARRE & BAND Kari			
6:00 PM							
7:00 PM							

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