

TEAM TRAINING SCHEDULE



		JOLT	TURF				HUSTLE & MUSCLE FITNESS		
		MON	TUE	WED	THU	FRI	SAT		
MORNING		5:00 HUSTLE & MUSCLE	5:00 GROUND CONTROL	5:00 HUSTLE & MUSCLE	5:00 IRON FLOW	5:00 HUSTLE & MUSCLE	7:00 HUSTLE & MUSCLE		
		6:00 JOLT 60	5:30 JOLT 60	6:00 JOLT 60	5:30 JOLT 60	6:00 JOLT 60	7:00 KB INSANITY		
			6:30 BELLS XPRESS	6:30 HYROX	6:30 BELLS XPRESS		8:00 CORE CENTRIC		
							9:15 JOLT 60		
		9:30 JOLT 60		9:30 JOLT 60		9:30 JOLT 60	9:30 HYROX		
			10:00 JOLT 60	10:30 FITMAMA	10:00 JOLT 60	10:30 FITMAMA			
AFTERNOON / EVENING								SUN	
								MORNING	
			3:30 JOLT 60		3:30 JOLT 60		8:00 FITMAMA		
		4:30 IRON TREAD	4:30 JOLT 60	4:30 HUSTLE & MUSCLE	4:30 JOLT 60	4:30 JOLT 60	8:00 BOXFIT		
		4:30 HUSTLE & MUSCLE					9:00 BOOST!		
		5:30 JOLT 60	5:30 HUSTLE & MUSCLE	5:30 JOLT 60	5:30 HUSTLE & MUSCLE		9:00 JOLT 60		
		5:30 UNIQ WOD	6:30 BOXFIT	5:30 UNIQ WOD			10:00 HUSTLE & MUSCLE		
		7:00 JOLT 60					10:00 stretch and perform (30 min)		

*CLASSES WITH CONSISTENT LOW ATTENDANCE ARE SUBJECT TO CHANGE.

TEAM TRAINING

SEPTEMBER 2nd - DECEMBER 31ST



CLASS DESCRIPTIONS



QUICK-HIIT

A high intensity interval training (HIIT) style program designed to create maximum results in a short, calculated period of time. It is based on true periodization – a systematic, progressive cycling of various aspects of a training program during a specific period of time to achieve the best performance results possible. Each phase of training will run for the duration of 4 weeks, progressing through a foundational “Base” phase, followed by a hypertrophic “Build” phase, and finishing off with a calorie-incinerating “Burn” phase. Each phase will emphasize the same type of physical adaptations for the 4 weeks, ranging from muscle mass to anaerobic capacity. The goal in mind is to make sure the body peaks at specific periods of time by improving each cycle along the way. The bottom line? Real changes in measurable time frames with lasting results. (30 minute Express and 60 Minute Full Classes are offered)

(30 minutes) Short on time but big on results. A fun, fast-paced, high-intensity workout that changes all the time to keep you QUICK-H motivated and pushing your limits. Great for all levels and abilities.

HUSTLE & MUSCLE

It's time to put a little hustle behind that muscle! A mix of cardio and strength-based circuit style classes designed to maximize output and peak your performance on many levels. Participants can expect to use the Tiy'r's, Sleds, PlyoBoxes, the HIIT Cardio and more for a fun, intense workout that will leave you wanting more. Every class and every trainer is different so you never know what to expect. *Classes marked with (w/More) indicate a class focus on more strength training.

BOX-FIT

(Xpress = 30 min / Regular = 60 minutes) The name says it all. Boxing for fitness is one of the best workouts you can do! Total body conditioning with bag work, speed drills, combination and mitt work, core strengthening & more. Plus it's a lot of fun and super intense. Gloves and wraps required. All levels welcome.

CORE CENTRIC

There's an athlete in all of us and we are here to set it free! Whether you still play competitive sports, play on a rec team, are a weekend warrior or just want to workout like an athlete, you will absolutely LOVE this class! Focus will be on Speed, Agility, Quickness, Coordination, Balance and Reaction Time – all key components to any well-rounded fitness program, but especially for athletes. All fitness levels welcome.



KETTLEBELL INSANITY

Rotational Bodyweight Training takes all the benefits of traditional bodyweight training exercises and adds instability, rotation, and dynamic tension to challenge the user's balance and core. If you have ever tried TRX, it's time to level up and see what another 180 degrees of motion can do

UNIQ WOD

Push your limits in this high-intensity 55-minute boot camp style class that incorporates Kettlebell-based movements targeting multiple muscle groups. Suitable for all fitness levels, participants will experience an efficient total body workout designed to improve cardiovascular fitness and strength, while simultaneously focusing on building endurance, power, and core stability. Let's HIIT the Bells!

GROUND CONTROL

UNIQ WOD is Unique Fitness' signature high-intensity strength and conditioning class. Every session delivers a new “Workout of the Day” (WOD) combining functional strength training, cardio, and athletic drills to challenge your entire body. No two workouts are the same — you'll lift, push, jump, sprint, and sweat through dynamic, constantly varied routines.”

IRON FLOW

Commencing countdown, engines on. Use bodyweight and minimal equipment to target core strength, stability and functional fitness in this 30 minute sweat sesh. Ideal for all levels looking to enhance strength from the ground up.

BELLS EXPRESS

Greet the day with this balanced full-body workout incorporating the power of kettlebell strength training with the flexibility and mindfulness of yoga. Improves strength, mobility and balance. Leaving you both energized and centered in just 30 minutes

IRON TREAD

Short on time, big on results. Maximize your fitness in a snappy 30-minute class using 3 kettlebells or less, to build strength and power.

FIT MAMA

Tough it out in this dynamic 45-minute class combining intervals on the treadmill with strength-based circuits on the floor. This class is tailored for athletes of all levels – whether you're an avid runner, jogger, or walker. Challenge yourself to improve cardiovascular endurance, build strength, and increase overall fitness. You will torch calories while getting stronger and faster every class!

Specifically designed to support Moms on their postpartum journey. A total body strength, improving endurance, and improving pelvic stability. Get fit and build a sense of community with other Mama's! All fitness levels welcome



Push your limits in this high-performance training class inspired by the global HYROX fitness competition. Designed to build strength, endurance, and athletic power, HYROX combines functional movements, cardiovascular conditioning, and performance-driven circuits in a structured format. Whether you're preparing for a HYROX event or just looking to train like an athlete, this class will challenge every level and deliver serious results. Expect: sled pushes, rowing, wall balls, burpees, and more—all in a race-against-the-clock style environment. All fitness levels welcome. Modifications available.



CHEST STRAP H10: \$110
ARM BAND OH1+: \$110

A Personal Performance Monitor insures that you are working out to your fullest potential, knowing when to push more or reserve your energy. It's important to know how your heart rate impacts the end results of your training, no matter which class you take. During TEAM Training classes, your coaches and trainers will educate you on why it's important to understand this heart rate response and how it relates to the specific goals of the class format and of you as an individual. We strongly recommend purchasing one of the models below at the reception desk or you can choose to rent them for each class for just \$5. Please see a staff member for more details.

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