



## TEAM FITNESS SCHEDULE

TIME	MON	TUES	WED	THURS	FRI
9:30 AM	<b>FLEX &amp; STRETCH</b>	<b>HIIT LOWER BODY</b>	<b>CENTRAL PARK</b>	<b>FLEX &amp; STRETCH</b>	<b>BOXFIT EXPRESS</b>
6:30 PM	<b>CENTRAL PARK</b>	<b>HIIT UPPER BODY RICHMOND</b>	<b>10 ROUNDS</b>	<b>HIIT LOWER BODY RICHMOND</b>	

### CLASS DESCRIPTION

**Central Park** - This class is designed to achieve fast results in no time . A mix of functional and cardio training to burn fat, get strong and take your fitness to the next level.

**HIIT** - Medium to high intensity workouts that takes you into overdrive to go hard and get you fitter, superfast! . Each class targets different muscle groups to really focus on building muscular endurance, shredding fat, gaining power and strength.

**Boxfit Express** - Explosive cardio infused 30 min class based on the principles of kickboxing and punch. Great for calorie burning and improving your fitness level.

**10 Rounds** - Experience a new world of exercise, based on 3 min rounds. Incinerate calories with a combination of total body strength, kickboxing and cardio intervals. It's a workout that will leave you feeling challenged, motivated and ready to come back for more.

**Flex & Stretch** - Ideal for anyone wanting to improve flexibility and increase core strength, while reducing stress levels. Using Yoga based principles that will enhance your mind, body and life.

**@ Stayfit Richmond & North Richmond**