

TEAM FITNESS SCHEDULE

TIME	MON	TUES	WED	THURS	FRI
5:45 AM		CENTRAL PARK		INSTRUCTORS CHOICE	
9:30 AM	STRENGTH		FLEX & STRETCH		BOXFIT EXPRESS
6:30 PM	CENTRAL PARK		BOXFIT EXPRESS		

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.

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

Flex and 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.

Strength- Stayfit's signature workout! Fun and Functional, this workout helps shape and fine tune major muscle groups for strength and total body conditioning, using free weights and pin loaded machines.