

SMALL-GROUP CLASS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6 - 7 pm Full Body	5:30 - 6:30 pm Upper Body	8 - 9 am Lower Body 5:30 - 6:30 pm Lower Body	6 - 7 pm Full Body	8 - 9 am Full Body	9 - 10 am Full Body

WHAT IS CLASS LIKE?

You'll start our POWR Strength and Conditioning workouts with a thorough warm up, including mobility and muscle activation exercises to get your body primed and ready to go! For the next 30-40 minutes, your instructor will take you through a highly customized strength workout and finish the class with 10-20 minutes of conditioning exercises, designed to get your heart rate up and break a sweat.