

**BARRE:** Barre class is a rigorous workout that blends elements from different exercise formats including ballet, Pilates and yoga. Build flexibility, fine tune small muscle groups and develop better posture in this fun upbeat class!

**BEST FOR:** Total body toning, improving flexibility and posture.

**TOTAL BODY TONING:** A dynamic class that zones in on toning & sculpting muscles throughout the entire body. We focus on weight training circuits with light cardio and a lot of upper body exercises.

**BEST FOR:** total body strengthening, total body toning.

**YOGA:** A flow-style vinyasa class for all levels, with creative sequencing to promote strength, release of tension and centering of the mind and body.

**BEST FOR:** improving flexibility, strength building and stress reduction, injury prevention.

**HIIT:** Pick up the pace and get motivated while having fun! Sweat it out with this high-intensity interval-training, calorie burning workout.

**BEST FOR:** weight loss, burning calories, cardiovascular conditioning, stress reduction.

**PILATES:** Gain a strong core and strengthen large muscle groups surrounding the abdominals. Pilates will elongate and strengthen muscles while improving muscle elasticity and joint mobility as well as create balanced muscle tone.

**BEST FOR:** full body strengthening, injury prevention, improving balance, posture, and body awareness.

**BUTTS & GUTS:** This class is designed to focus on sculpting and strengthening the lower body and core including stomach hips, glutes, and legs.

**BEST FOR:** Strength building, toning mid-section, and sculpting specific muscle groups.

**THE CIRCUIT (FULL BODY):** Suitable for all levels, this class uses timed stations and varying sets of exercises incorporating weights and body weight designed to train every muscle of the body.

**BEST FOR:** weight loss, improving overall fitness, total body strengthening and toning.

**SPINNING:** A heart-pumping cycling class set to high-energy music. Spinning is low impact and allows you to control the resistance and pedal speed to set the intensity.

**BEST FOR:** Weight loss, enhanced cardiovascular fitness, lower body toning.

## Group Exercise Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	12:15-1:00 YOGA	12:15- 1:00 PILATES	12:00-12:40 SPINNING	12:00-12:40 YOGA	12:00-12:40 SPINNING
	1:10-1:40 HIIT	1:00-1:40 YOGA	1:00-1:40 BUTTS & GUTS	1:00-1:40 BARRE	1:00-1:40 THE CIRCUIT
		HIIT 1:45-2:15			

\*OUR CLASSES ARE SPECIFICALLY DESIGNED FOR **ALL FITNESS LEVELS**\*

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