

BODY WEIGHT HIIT: Jacki – a high intensity interval workout designed to use body weight movements to strengthen muscles & cardio exercises to burn fat. Prepare to sweat! (No equipment required)

Best for: weight loss, improving overall fitness, total body strengthening, total body toning.

TOTAL BODY TONING: Jacki – a dynamic class that zones in on toning & sculpting muscles throughout the entire body. We focus on weight training circuits with light cardio. Lots of upper body exercises are performed here.

Best for: weight loss, improving overall fitness, total body strengthening, total body toning.

YOGA: Molly & Gilda – An all-levels flow style Vinyasa class with creative sequencing to promote opening, strength, and the release of tension.

Best for: improving flexibility, moderate strength building, stress reduction.

H.I.I.T: Chris – Pick up the pace, and get motivated on a brand new Monday. Sweat out the weekend fun with this high intensity, calorie burning, interval style class.

Best for: weight loss, burning calories, cardiovascular conditioning, stress reduction, improving overall fitness.

PILATES: Keri – If you are looking to strengthen your abdomen, increase your flexibility develop a strong core – flat abdominals and a strong back – as well as maintain good posture, then Pilates is for you. Pilates elongates and strengthens, improving muscle elasticity and joint mobility, while creating an evenly conditioned body.

Best for: body strengthening, injury prevention, improving balance, posture, flexibility, mobility, coordination and body awareness.

BUTTS & GUTS: Gina – Back by popular demand, this 30 minute class is designed to focus on sculpting and strengthening the lower body & core. Specific areas include: stomach, hips, glutes and legs.

Best for: moderate strength building, shaping specific muscle groups, toning the mid section, improving overall fitness.

THE CIRCUIT (FULL BODY): Gina – A class for all fitness levels with timed stations consisting of different exercises designed to train every muscle of the body using a mix of body weight and weights.

Best for: weight loss, improving overall fitness, total body strengthening, body toning, for those who prefer a condensed workout, but at their own level.

OLP Fit Group Exercise Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING					
		7:45–8:15 BODY WEIGHT HIIT Jacki		7:45–8:15 TOTAL BODY TONING Jacki	
AFTERNOON					
	12:15–1:00 YOGA Molly	12:30–1:00 PILATES Keri	12:30–1:00 BUTTS & GUTS Gina	12:15–1:00 YOGA Gilda	
	1:10–1:40 H.I.I.T. Chris		1:00–1:30 BUTTS & GUTS Gina	1:00–1:45 YOGA Gilda	12:30–1:10 THE CIRCUIT Gina
EVENING					

Our classes are specifically designed for **ALL FITNESS LEVELS**.
Email **Gina Toscano** at onelibertyfitness@onelibertyplace.com for more information.