

RISE & SHINE: Jacki – Wake up and get your day started right with a full body toning class, focusing on body weight movements and cardio exercises to get you moving and motivated for the day ahead.

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

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.

YOGA: Candace & 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.

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.

TRIM & TONE: Jacki – A 45-minute full body toning class that incorporates weight training, cardio, & circuit training.

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

BUTTS & GUTS: Jacki – 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.

RESISTANCE: Chris – Designed to train every muscle of the body using a mix of resistance bands and body weight exercises, this class focuses on movement to help teach you an awesome way to perform a quick in-home or on-the-go training program.

Best for: improving overall stability and strength, total body strengthening, improving overall fitness.

THE CIRCUIT (FULL BODY): Chris – 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 RISE & SHINE Jacki	
AFTERNOON	12:15–1:00 YOGA Gilda	12:30–1:00 PILATES Keri	12:30–1:00 BUTTS & GUTS Jacki	12:20–1:00 YOGA Candace	
	1:10–1:40 H.I.I.T. Chris		1:10–1:40 RESISTANCE Chris	1:05–1:45 YOGA Candace	12:30–1:10 THE CIRCUIT Chris
EVENING		5:15–6:00 TRIM & TONE Jacki			

Our classes are specifically designed for **ALL FITNESS LEVELS**.

Email **Chris Campli** at onelibertyfitness@oneliberty.org for more information.