

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	12:15-12:45 BODY BLAST Dwayne	12:30-1:00 LEG WORK 360 Chris	12:10-12:50 YOGA Candace	
	1:10-1:40 H.I.I.T Chris		1:10-1:40 AB-SOLUTION Chris	1:00-1:40 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 Campi** at onelibertyfitness@oneliberty.org for more information.

RISE & SHINE: Jacki

Wake up and get your week started right with a full body toning class, focusing on body weight movements and cardio exercises to get you moving and motivated for the week 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

BODY BLAST: Dwayne

An intense cardio fat burning, strength training workout designed to help you build your endurance level, shed inches and sculpt your body from head to toe. This intense cardio-strength class will whip your body into shape fast!

Best for: body strengthening, stress reduction, improving balance, posture, flexibility, 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.

LEG WORK 360: Chris

Formally known as "Butts & Guts", this 30 minute class is designed to focus on sculpting and strengthening the lower body. Specific areas includes: hips, glutes and legs..

Best for: moderate strength building, shaping specific muscle groups

AB-SOLUTION: Chris

A 30 minute class with movements focusing on all areas of the core including the rectus abdominis, transverse abdominis, and internal/external obliques.

Best for: improving core stability and strength, toning the midsection, 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.