

BODY WEIGHT HIIT: A high-intensity interval workout designed to use your body weight to strengthen muscles and cardio exercises to burn fat. Prepare to sweat! (No equipment required)
BEST FOR: weight loss, total body strengthening, total body toning.

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.

LP FIT Group Exercise Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING					
		7:45–8:15 BODY WEIGHT HIIT		7:45–8:15 TOTAL BODY TONING	
AFTERNOON					
	12:15–1:00 YOGA	12:00–12:40 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 THE CIRCUIT
EVENING					
			5:15–5:55 SPINNING		

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

Contact **Gina Toscano**, Fitness Center Site Manager, at: onelibertyfitness@onelibertyplace.com or 267.519.5070