











# Group Fitness Schedule

Sept 5 – Sept 30, 2017

Visit us at [www.myairfitness.com](http://www.myairfitness.com)

AIR FITNESS HOURS	
Mon –Thurs	5 am - 9 pm
Friday	5 am - 7:30 pm
Saturday	7 am - 5 pm
Sunday	10am - 3 pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	<b>**Monday Mix</b>			<b>AIR SPIN*</b>		
7:30 am	<b>Power MAX</b>		<b>Power MAX</b>		<b>Power MAX</b>	<b>7:15am TRX *</b>
8:00 am	<b>RIP</b>					<b>RIP</b>
9:00 am	<b>RIP</b>		<b>MuscleMAX</b>	<b>Transform Yoga</b>		<b>AIR SPIN*</b>
10:00		<b>SENIOR YOGA</b>				
10:15 am				<b>ZUMBA GOLD</b>		
11:00 am		<b>ZUMBA GOLD</b>				
12:00 noon		<b>20/20/20</b>		<b>Lunchtime Boot Camp</b>		
3:30 pm	<b>TRX *</b>					
5:00 pm		<b>Fit For Life</b>				
6:00 pm			<b>Spin &amp; Sculpt</b>	<b>PSOX</b>		
7:00 pm			<b>RIP</b>	<b>HIIT Yoga</b>		

\*Limited space available! Please sign-up for class!

**Get Healthy  
Stay Healthy**



# AIR FITNESS GROUP EXERCISE CLASSES

---

Our group classes are designed and instructed exclusively for AIR Fitness by certified professionals. Whether you are a veteran fitness enthusiast or a newcomer, we welcome you to come and enjoy the benefits of working out in a group setting. We think you will love the energizing experience of being a part of a group of people who are having fun getting in the best shape of their lives!

## TONING AND STRENGTH TRAINING CLASSES

*Our Toning & Strength Training classes reduce your body fat percentage, develop and enhance your muscle tone, increase your muscular strength and improve your muscular endurance. Classes are 60 minutes unless otherwise noted.*

**RIP**: A 60 min barbell program for men and women of all ages and fitness levels. Matching movement to music and using traditional strength training allows participants to work at their own level.

**TRX**: Find out why a US Navy Seal developed the TRX suspension system for training. This workout system leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise-because you can simply adjust your body to add or decrease resistance. This class builds muscular endurance and appeals to every fitness level. Please call ahead to reserve your spot. All levels welcome.

**Transform Yoga**: An ideal class for beginners or experienced students. Sun Salutations will warm up the body as well as open and strengthen all major muscle groups. Foundational and balancing poses will be explored as well as hip and shoulder openers. The class will focus on breathing techniques and proper alignment while combining strength, flexibility, endurance, and balance. Modifications will be offered which will address both physical limitations and ways to make poses more challenging.

**HIIT Yoga**: Are you looking for a class to help you push past not only the physical but the mental blocks in your life? This HIIT Yoga class may help. With a combination of high intensity intervals that are low impact with yoga stretching, you will gain strength and have a high calorie burn while clearing your mind. All in one workout! It's a win-win!

## CARDIO CLASSES

*The Cardio classes at AIR are designed to burn more calories and fat, boost your metabolism, improve your endurance and increase your energy.*

**AIR SPIN**: A workout without comparison! In this AIR Fitness Signature cycling class everyone finishes 1<sup>st</sup>. Pedal in groups, roll over hills, climb mountains, sprint down the final stretch and spin your way to burning calories and strengthening your lower body. This cycling class is geared toward anyone who can ride a bike. With motivating music and instructors, the inspiring group environment lets you *RIDE ON!*

: This class is a mixed martial arts-inspired workout designed to slash inches off your waist, blast belly fat, and sculpt total-body definition—no equipment needed. Designed for all fitness levels.

## TOTAL BODY WORKOUTS

*Our Total Body Workouts cover all the essentials of total fitness. Each class combines cardio, toning, strength and flexibility exercises for some of the best workouts in the Fitness Industry. All classes are 60 minutes unless otherwise noted.*

**PowerMax:** One of our most popular AIR Fitness Signature classes. MAX stands for mature adult exercise but this class is all about the sense of “power” that comes from the benefits of this workout. The class is designed to maintain cardiovascular health, strength and flexibility in a positive, energizing environment. A low to moderate intensity workout that includes 20 minutes of low impact aerobics, 20 minutes of exercises designed to improve muscular strength, and 20 minutes of abdominal and stretching exercises. Great for all ages.

**Fit for Life:** This amazing AIR Fitness Signature class has been on our schedule since we opened our doors in 2011. This moderate intensity class includes all aspects of physical fitness. You will use a variety of equipment such as core balls, stretch bands, light weights, steps and more as you work on abs, endurance, overall strengthening and cardiovascular conditioning. If you want to be “Fit for Life” be sure to put this class on your calendar. All levels welcome.

**20/20/20:** This class is designed to give you a total body workout. 20 minutes of cardio, 20 minutes of strength training and 20 minutes of stretching and core work. Get it all in this ultimate challenge!

**MuscleMax:** One of the most basic and effective methods for building muscle and strength, this highly effective training technique utilizes an upward or downward sequences in weight, reps or sets to help you maximize your fitness goals while sculpting and toning your body. You will work your upper and lower body in a series of sequential workouts.

**PSOX** These workouts offer a variety of intense routines from cardio and resistance training, strength training, plyometrics, ab work, and more! You’ll constantly switch things up to help bust through plateaus. All levels are welcome.

: This total body, moderate to high intensity style program, utilizing weights, resistance and body weight, masterfully combines the components of R.I.P.P.E.D – Resistance, Intervals, Power, Plyometrics, and Endurance as the workout portion. The deliberate combination of RIPPED elements and how they are precisely organized in the class format provide the basis for the One Stop Body Shock System by stimulating both, different energy systems and muscles in each workout segment, changing the focus and activities every 6 to 9 minutes. It’s the combination that drives up your endurance and gets your body moving. All levels welcome.

**Spin & Sculpt:** An incredible combination of an intense cardio blast on the spinning bikes and full body sculpting class! You’re on the bike tearing it up one minute, then on the floor with an intense strength and sculpt workout the next. A full body workout all in one class!

**Lunchtime Boot Camp:** A popular interval class that mixes calisthenics and body weight exercises with cardio and strength training. This boot camp is designed in a way to be

different all the time, and push you harder you'd push yourselves. We want to keep you guessing - and challenge you differently every class! Although our instructors may push you like a drill sergeant, our goal is to offer encouragement rather than intimidation. We want you to have tons of fun – but please be prepared for some high intensity training!

## ACTIVE AGING CLASSES

*From Silver & Fit to Senior Yoga, AIR Fitness Active Aging Exercise classes are designed to help seniors and older adults maintain their cardiovascular health, strength, and flexibility. All classes are 45 minutes.*

**SILVER&FIT** EXPERIENCE : This level is for active older adults, as well as the fitness beginner. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength and cardiovascular endurance. (chair optional)



: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**SENIOR YOGA:** This gentle class incorporates range of motion exercises, stretching, breathing and relaxation techniques designed to relieve stress, calm the mind, increase mobility, balance and body awareness. Chairs are provided to keep everyone safe and supported.

**ZUMBA GOLD** : The design of this class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, coordination and FUN! Come ready to sweat and prepare to leave feeling strong!

