

GROUP FITNESS CLASSES STARTING 4/5/2021

Power Shack Fitness Center—Hilliard

featuring *BOOM™*, *SilverSneakers®*, and *Boot Camp* classes

Monday	Tuesday	Wednesday	Thursday	Friday
BOOM™ MUSCLE—45 8:30 to 9:15 am + Bonus Floorwork Kathy	BOOM™ MOVE & BOOM™ MUSCLE 8:30 to 9:30 am Kathy	BOOM™ MIND—45 8:30 to 9:15 am + Bonus Floorwork Kathy	BOOM™ MOVE & BOOM™ MUSCLE 8:30 to 9:30 am Kathy	BOOM™ MOVE—45 8:30 to 9:15 am + Bonus Core Kathy
SilverSneakers® Classic 11 am to 11:45 am Sandy		SilverSneakers® Classic 11:00 to 11:45 am Sandy		SilverSneakers® EnerChi™ 9:45 to 10:30 am Kathy

MULTI-LEVEL BOOT CAMP*—Saturdays, 8:30 to 9:30 am with Kathy

Each one-hour workout includes non-stop exercises that keep you challenged from start to finish. “Modifiers” and “amplifiers” are presented to create a custom workout for each participant. This class is included in the group fitness membership and is free to SilverSneakers members.

CLASS DESCRIPTIONS

SilverSneakers® Classic: Seated and standing exercises to increase muscular strength, range of motion, and activities for daily living. *Participant level is beginner.*

SilverSneakers® EnerChi™: Seated or standing tai chi movements in flowing sequence to progress strength, balance and focus. *All skill levels.*

BOOM™ MIND*: The best of yoga and Pilates combined in an intermediate to advanced mind-body standing and mat workout.

BOOM™ MOVE*: Cardio and dance-inspired workout to challenge cardio fitness with easy-to-follow movement patterns. *Participant level is intermediate to advanced.*

BOOM™ MUSCLE*: Muscle-conditioning blocks and activity-specific intervals to improve cardiovascular health and functional skill. *Participant level is intermediate to advanced.*

The group fitness schedule is subject to change.

***Please pre-register for all BOOM™ formats and Boot Camp by emailing kowenspowershack@gmail.com with your class requests. Registrations can begin Thursday at 6:00 a.m. for the FOLLOWING week’s classes.**

ALL classes are FREE for SilverSneakers® members!

- A group fitness-only membership is available.
- Current Power Shack gym members can upgrade their membership to include group fitness classes.
- Members and non-members can join a class for a one-time fee or buy 5 (up front) and get 1 free!