



MFIT Studio

## MFIT STUDIO SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30AM Zumba (Michaelene)		6:00-6:45AM Total Body Conditioning (Michaelene)				8:30-9:30AM R.I.P.P.E.D. (Maria)
		10:00-11:00AM MFIT KIDS (ages 3-8) (Lori)				
9:30-10:15AM HIIT Bootcamp (Kayla)	4:15-5:00PM Pyramid Power House (Katelyn)	4:15-5:00PM Butts & Guts (Mairin)	4:30-5:00PM Fab Abs (Jenna)	4:15-5:00PM Butts & Guts (Mairin)	4:30-5:00PM Total Body Conditioning Express (Michaelene)	9:30-10:30AM Dance/ Pump/ Fight (Maria)
	5:00-5:45PM Total Body Conditioning (Michaelene)	5:00-6:00PM R.I.P.P.E.D. (Maria)	5:00-6:00PM Zumba (Michaelene)	5:00-6:00PM Power Hour (Jenna)	5:00-6:00PM Definition (Jenna)	
	6:00-7:00PM STRONG (Michaelene)	6:00-7:00PM ConfIDANCE (Alicia)	6:00-7:00PM Hip Hop (Danielle)	6:00-6:30PM Mobility (Mia)		
	7:00-7:30PM Mobility (Mia)	7:00-7:45PM Total Body Conditioning (Michaelene)	7:00-7:45PM Power Barre (Kayla)	6:30-7:30PM Zumba (Michaelene)		

\*Each class will end 5 minutes early to allow for proper sanitation.

**Butts & Guts** - Butts & guts focuses specifically on developing strong, powerful lower body and core muscles by using various types of resistance training techniques and body weight exercises.

**ConfIDANCE** - You may recognize our instructor, Alicia, from oxygen networks TV show, "Dance Your Ass Off!" Alicia is all about helping you find that confidence you need through dance fitness & self-love.

**Dance/Pump/Fight** - High energy cardio dance class mixed with strength training intervals and martial arts HIIT.

**Definition** - Jumpstart your weekend with a one-hour total body, strength-training sculpt for all fitness levels! This class is focused on torching the calories while defining upper body, lower body, & abdominal muscles.

**Fab Abs** - A challenging 30 minute workout that will work every angle of your core. This class goes above and beyond sit-ups and crunches to define and sculpt the abdominals, obliques, and lower back.

**Hip Hop** - Never get bored in this super high-energy, cardio-intense, calorie-blasting dance class to all your favorite Hip Hop tunes. Enjoy 60-minutes of non-stop, party rockin' sweat drenched Hip Hop.

**HIIT Bootcamp** - No frills, just drills! An intense, straightforward, hard-core cardio and strength workout to tone and condition your body. Format varies but the concept remains the same - work out hard, sweat and get the results you are looking for!

**Mobility** - This dynamic practice flows through a series of poses to build strength, balance, and flexibility. Sequences change from class to class, keeping the practice fresh while still building experience in traditional yoga poses. Throughout class, breath and movement are linked, making mindful focus a key part of your practice.

**Power Barre** - Take your Barre training to the next level with this higher intensity class that will incorporate more cardio and even more challenging moves to give you the toned and lean physique you desire.

**Power Hour (circuit training)** - Encounter a variety of movements and resistance equipment for a full-body workout to enhance muscle definition, core balance, strength, and improve overall health.

**Power Flow** - Designed to progressively open the body, each sequence of poses are connected by breath. Build strength, activate your core muscles, and increase flexibility.

**Pyramid Power House** - Total body interval training, pyramid style. Low-impact workout to strengthen muscles while improving postural alignment and flexibility. This class is for all different fitness levels with different options and modifications.

**R.I.P.P.E.D.** - This total body, high intensity style workout utilizes free weights, resistance, and body weight which masterfully combine the components of R.I.P.P.E.D - Resistance, Intervals, Power, Plyometrics and Endurance.

**Rumble** - RUMBLE is an authentic, yet simple to master, cardio mixed martial arts class created for EVERY body! No martial arts experience required, just a willingness to sweat, a desire to get an incredible workout, and the willingness to have fun along the way!

**STRONG** - Stop counting the reps. Start training to the beat. STRONG combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. In a one-hour class you will burn calories while toning arms, legs, abs and glutes.

**Total Body Conditioning** - Total Body Conditioning (TBC) is a multi-level full body workout that targets all of the major muscle groups. This workout is designed to contain a variety of exercises that will increase strength, decrease body fat and improve overall conditioning.

**Zumba** - Come join the party! ZUMBA® takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Featuring Latin rhythms and easy to follow moves, Zumba® is an exercise class that keeps everyone motivated by creating a dance party atmosphere. A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class!