



**Challenge  
Your Body**

# OCTOBER Schedule

317-578-8800

[www.challengeyourbody.com](http://www.challengeyourbody.com)

## MONDAY

- |            |                        |
|------------|------------------------|
| ● 6:00 AM  | CROSSCORE              |
| ● 10:00 AM | YOGA WITH KELLY        |
| ● 12:15 PM | QUICK FIT- 30 MINUTES  |
| ● 7:00 PM  | PUMP IT UP             |
| ● 8:00 PM  | KETTLEBELLS WITH KEVIN |

## TUESDAY

- |            |                            |
|------------|----------------------------|
| ● 12:15 PM | QUICK FIT- 30 MINUTES      |
| ● 6:00 PM  | LEAN BODY CIRCUIT TRAINING |
| ● 6:00 PM  | KID'S KOMMANDO BOOTCAMP    |

## WEDNESDAY

- |            |                       |
|------------|-----------------------|
| ● 6:00 AM  | PUMP IT UP            |
| ● 10:00 AM | SARAH'S SMALL GROUP   |
| ● 12:15 PM | QUICK FIT- 30 MINUTES |

## THURSDAY

- |            |                            |
|------------|----------------------------|
| ● 12:15 PM | QUICK FIT- 30 MINUTES      |
| ● 6:00 PM  | LEAN BODY CIRCUIT TRAINING |
| ● 6:00PM   | KID'S KOMMANDO BOOTCAMP    |
| ● 7:00 PM  | PUMP IT UP                 |
| ● 8:00 PM  | KETTLEBELLS WITH KEVIN     |

## FRIDAY

- |            |                       |
|------------|-----------------------|
| ● 6:00 AM  | HIIT                  |
| ● 12:15 PM | QUICK FIT- 30 MINUTES |

## SATURDAY

- |           |                  |
|-----------|------------------|
| ● 9:00 AM | EXTREME BOOTCAMP |
|-----------|------------------|

## Class Descriptions

### **Kettlebells with Kevin**

Don't let the ballistic nature of kettlebells intimidate you. Kettlebells are a terrific mode of exercise that trains MOVEMENT not individual muscles. Kettlebells are great for building core strength, overall body conditioning, and flexibility and is excellent for increasing endurance. Beginners definitely welcome.

### **Extreme Boot Camp**

This is a high impact, high intensity workout. High impact refers to continuous, higher-energy activities that can take both of the exerciser's feet off the floor at the same time. With Burpees and stair jumps, this class is not for the person with sore joints. This type of aerobics involves energetic use of large muscle groups over a period of time for the purpose of cardiovascular exercise, typically with the goal of weight loss.

### **HIIT**

High Intensity Interval Training (HIIT) is a high impact workout that will work out all muscle groups. This class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before the busy days get started. Modifications for all fitness levels are provided.

### **CrossCore**

CrossCore is a class consisting of CrossFit-inspired high-intensity exercises combined with core strength work. This class not only guarantees to torch fat and build strength, but also provides a fun atmosphere with great music.

### **Lean Body Circuit Training**

This is a low impact, but not low intensity fitness class! Don't be deceived into thinking this won't give you the sweat-producing workout you need. It is low impact, but **High Intensity!** Intensity comes from using your muscles to create the power and increased heart rate while keeping at least one foot grounded at all times. You will feel and see the results! Talk to anyone who has taken this class!

### **Pump It Up**

A weight training class strengthens your entire body. This 50-minute workout challenges all major muscle groups by using weight exercises like squats, presses, lifts, and curls. Your choice of weight inspires you to get the results you came for - and fast.

### **TRX Suspension Training**

TRX uses body weight exercises by training movements that develop strength, balance, flexibility, and core stability. By putting the body in unstable positions, TRX requires you to engage the core from multiple angles to give you the greatest benefits from your workout. Never heard of TRX? Give it a try. All fitness levels welcome, because TRX is infinitely adjustable for YOU.

### **Kids Kommando Bootcamp (Ages 8-12)**

Kids Kommando Bootcamp battles against the sedentary lifestyles of our children and teaches them the fundamentals and benefits of exercise while giving them a sense of accomplishment. Children will learn the proper exercise techniques for improved agility, endurance, flexibility, confidence, leadership, discipline, teamwork, and goal setting.

### **YOGA with Kelly**

Yoga with Kelly is a faith-based Christian approach to the practice of Yoga that integrates the physical aspects of yoga poses and breathing exercises to develop strength and flexibility, to relax and release physical tension, and to cultivate mind-body-soul awareness. Scripture and the spiritual disciplines of prayer, self-inquiry, observation, and reflection will be included throughout each class.

### **Quick Fit**

30 Minute Lunch Workout