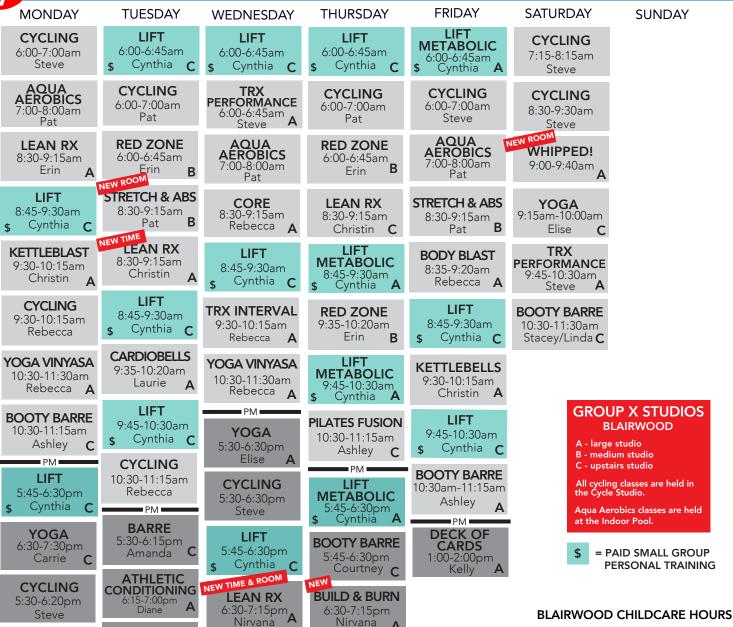


BLAIRWOOD GROUP EXERCISE SCHEDUL



MON-THU: 8:30AM-2PM & 4PM-8PM FRI-SAT: 8:30AM-2PM SUN: CLOSED

LTC CHILDCARE HOURS

MON-FRI: 9AM-2PM SAT-SUN: CLOSED

LTC GROUP EXERCISE SCHEDI



www.blairwood.com

www.louisvilletennis.com

1/8/19

TOTAL BODY

INSTENSITY

6:30-7:15pm

Steve

CYCLING

6:00-7:00pm

Kelly

CLASS DESCRIPTIONS

4 CROSS TRX

A circuit class with a different strength exercise in each corner of the room (i.e. cardio, kettlebells, jump rope, barbells, etc.) for 2 minutes, followed by intervals of TRX in between corners. The challenge continues as you work your way around the room. MEDIUM-HIGH INTENSITY CLASS FOR MORE ADVANCED FITNESS LEVELS.

ATHLETIC CONDITIONING

Improve your performance and fitness for any physical challenge or activity with this challenging class that alternates strength and cardio intervals using weights and body weight. ALL FITNESS LEVELS, INCLUDING NON-SWIMMERS.

AQUA AEROBICS

Low-impact water workout designed to improve flexibility, range of motion, muscle conditioning, and endurance. ALL FITNESS LEVELS, INCLUDING NON-SWIMMERS.

BARRE/BOOTY BARRE

Energetic class that combines strength and flexibility training with added cardiovascular benefits through dance, Pilates, and Yoga. This class will raise your heart rate while toning and defining your whole body. ALL FITNESS LEVELS.

BODY BLAST

An intense fat-burning circuit class combining cardio and strength-training moves to increase your heart rate and boost your metabolism. ALL FITNESS LEVELS.

BUILD AND BURN NEW

This whole-body heavy-lifting class uses heavy weights to focus on large muscle groups, increasing muscle mass across your entire body. The class moves quickly so you can maximize your workout and minimize burnout caused by overtraining. ALL FITNESS LEVELS.

CARDIOBELLS

Fast-paced, high energy class targeting the whole body through body weight and kettlebells exercises. MEDIUM-HIGH INTENSITY CLASS.

CYCLING NEW TIME

An upbeat and energetic cycling workout that burns calories and improves cardiovascular fitness. ALL FITNESS LEVELS.

DECK OF CARDS

Build muscle and endurance with this high volume workout. We'll use a deck of cards and assign a different exercise to each suit. Draw a card and perform the designated exercise for the number of reps on the card. No workout will ever be the same! INTERMEDIATE-ADVANCED FITNESS LEVELS.

KETTLEBELLS

High energy, fat-burning, total body workout that combines cardio + core + resistance training to sculpt and tone your entire body, with special emphasis on your core and abs muscles. INTERMEDIATE TO ADVANCED FITNESS LEVELS.

KETTLE BLAST

A whole-body movment cardio and strength class that improves flexibility and strength while burning fat and calories. INTERMEDIATE TO ADVANCED FITNESS LEVELS.

LEAN RX NEW TIME & ROOM

This class is designed to provide training centered on building lean muscle mass while developing cardio enduranceand strength. Perform a series of intervals using weights, bands, balls and body weight to create a full-body calorie burn that lasts for hours after the class. No two classes are the same. ALL FITNESS LEVELS.

PILATES FUSION

You'll improve strength, flexibility, and endurance as we focus on exercises that promote core stability, alignment, and posture. Think long and lean! ALL FITNESS LEVELS.

RED ZONE

This fast-paced class is packed with intense drills that will take you into the "red zone" where you improve speed, strength, and endurance. ALL FITNESS LEVELS.

STRENGTH

A strength-training class using weights and your own body weight to maximize your strength and define your muscles. ALL FITNESS LEVELS.

STRETCH & ABS

Combines stretch and abs for a long, lean body and strong core. Complements aerobic workouts such as cycling. ALL FITNESS LEVELS.

TOTAL BODY INTENSITY

One-size fits all full body workout designed to strengthen and build endurance through heavy lifting combined with cardio. ALL FITNESS LEVEL.S.

TRX INTERVAL

A circuit TRX class alternating periods of high intensity with short rest periods to create optimal ratio of work/rest for ideal strength and cardio training. MEDIUM-HIGH INTENSITY CLASS FOR MORE ADVANCED FITNESS LEVEL.S.

TRX PERFORMANCE

Non-stop TRX class that uses gravity and body weight to develop strength, flexibility, and core stability simultaneously. MEDIUM-HIGH INTENSITY CLASS FOR MORE ADVANCED FITNESS LEVEL.S.

WHIPPED! NEW ROOM

High intensity cardio drills using various strength equipment and a fast moving conditioning circuit for modern fitness training. ALL FITNESS LEVELS.

YOGA/YOGA VINYASA

A system of flowing, breath-synchronized movements designed to improve overall physical and mental wellness. ALL FITNESS LEVELS.