



MASHPEE CLASS SCHEDULE

GROUP FIT START CLASS IN BOLD

GROUP FIT REV CLASS IN ITALICS

(Fit Rev classes are included in the Fit Rev Membership)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am		20.20.20	SPIN	INTERVAL SCULPT	SPIN	20.20.20	
7:00 am		HEATED VINYASA YOGA				HEATED VINYSA YOGA	CORE FIT (7:30)
8:00 am			<i>FIT REV</i>	<i>FIT REV MOBILITY</i>	<i>FIT REV</i>	SPIN	SPIN <i>FIT REV (Starts in May)</i>
8:30 am	RESTORATIVE YOGA (8:15) <i>FIT REV</i>	PILATES ON THE BALL	CORE FIT	PILATES	CORE FIT	ZUMBA GOLD	INTERVAL SCULPT
9:00 am		<i>FIT REV BOXING</i>	<i>FIT REV</i>	SPIN	<i>FIT REV BOXING</i>	<i>FIT REV</i>	<i>FIT REV</i>
9:30 am	STEP	STEP & PUMP	ZUMBA SPIN	STEP & PUMP	ZUMBA TONE SPIN	BARBELL BLAST	
10:00am				<i>FIT REV</i>			
10:30		PILATES	RESTORATIVE YOGA	ZUMBA	HATHA YOGA	PILATES	YIN YANG YOGA MINI FIT GIRLS GROUP* (*Starts in May)
4:30 pm		PURE STRENGTH <i>FIT REV</i>	KICKBOXING <i>FIT REV (starts in May)</i>	HIIT <i>FIT REV</i>	ZUMBA <i>FIT REV</i>	PILOXING	
5:30 pm		ZUMBA TONE SPIN <i>FIT REV BOXING</i>	<i>FIT REV</i>	PURE STRENGTH	SPIN <i>FIT REV</i>		
6:30 pm		RESTORATIVE YOGA		HATHA YOGA			

GROUP FIT START CLASSES

STEP: Step aerobics helps burn calories & fat. In this cardio class, dance elements such as turns, mambos, & stomps are combined as you move on top of and around the Reebok step. High level of choreography- advanced class.

STEP & PUMP: A half hour of step aerobics followed by a half hour of targeted weight training choreographed to music. Participants are welcome to join at the half-class break. All fitness levels welcome.

INTERVAL SCULPT- Cardio and weight training combined for a high rep, high volume, total body workout. All fitness levels welcome.

KICKBOXING: An intense, full body workout combining intervals of kick-boxing and plyometric drills. A power packed hour of cardio and great fun.

SPIN: This indoor bike ride dims the lights and cranks the music for a great cardio workout! Modify to your own speed and resistance level. All fitness levels welcome.

BARBELL BLAST: An awesome muscle-enhancing, weight-training class using adjustable barbells, weights and other resistance training equipment.

ZUMBA: A fusion of exhilarating music & dance creating a dynamic and fun cardio workout. Low and high intensity moves are combined for an interval-style, calorie-burning dance party. All fitness levels welcome.

ZUMBA GOLD: Zumba Gold takes the Zumba formula and modifies the original choreography to a less intense, and slightly slower pace. Beginner level class.

ZUMBA TONE: Blends the fun Zumba dance party with light weights for an hour long strength and cardio class, targeting and toning all areas of the body. All fitness levels welcome.

20/20/20: 20 minutes of heart-pumping cardio, 20 minutes of strength training and 20 minutes of core work. A great total body workout in one hour! All fitness levels welcome.

PILOXING: An hour of non-stop cardio and sculpting that combines boxing with exhilarating dance moves and targeted sculpting and flexibility of Pilates. All fitness levels welcome.

PILATES: Strengthen and lengthen your core. Focus on the "Power House" of the body while improving balance, endurance and strength. All fitness levels welcome.

CORE FIT: Condition and strengthen your entire body in this intense core workout while incorporating weights, balls and bands to target every muscle group. All fitness levels welcome.

RESTORATIVE YOGA: A gentle approach blending various styles of yoga to improve flexibility, strength and breathing techniques. The posture sequence lengthens & stretches the muscles, while building strength & lean muscle mass. All fitness levels welcome.

HATHA YOGA: Links yoga postures into a sequence of movements that "flow" with the breath. Class begins with a warm-up, followed by a standing sequence, balancing poses, core work, seated poses and finishes with relaxation. All fitness levels welcome.

Yin Yang Yoga- Balances the more meditative style of Yin yoga with the traditional active Yang yoga. Fluid movement and yoga postures linked by the breathe develops muscular strength, stamina and flexibility. All fitness levels welcome.

HEATED VINYASA YOGA FLOW: With temperatures in the studio hovering in the mid-90s, this class is a unique blend of yoga traditions & philosophies which emphasize the flow of breath while moving with strength & grace from pose to pose. Room is heated, is heat sensitive class may not be suitable for everyone.

BARRE: This total body workout that integrates dance, Pilates, and strength training on the ballet bar, creating lean muscle definition and increased flexibility. All fitness levels welcome.

HIIT: This high intensity interval training class will get your heart pumping with explosive cardio exercises that improve stamina, strength and overall conditioning. We will utilize free weights, bodyweight and resistance bands to attain a complete workout. Advanced cardio class.

PURE STRENGTH: A total body workout concentrated on improving overall strength and muscle endurance through exercises utilizing body weight, free weights and body bars. All fitness levels welcome.



FIT REV DESCRIPTION

Small group training is an affordable, effective and fun way to reach your fitness goals. A certified coach leads the group through a total body workout, including a warm-up and a finishing stretch. Focus is on proper movement, form and technique as well as the various fitness levels of the individuals. Workouts will include strength and cardio training and will use equipment such as ropes, kettlebells, medicine balls, barbells, jump ropes, and much more!

Group training is like personal training, but with your friends. It is result driven and proven successful. The group setting keeps you accountable, the individualized attention keeps you on track, and the workouts will kick your butt. You will sweat, you will groan, you will feel your muscles work like never before, but you will get in shape... and you will have FUN!

FIT REV BOXING: A great class to increase fitness, stamina, agility and strength. The class utilizes gloves, heavy bags and cardio drills for a full body workout.

FIT REV MOBILITY: A class designed to improve flexibility and movement. The class utilizes foam rollers, balls, bands and holding deep stretches to work out kinks and knots, leaving you feeling like new.

Ask the Front Desk how to upgrade your membership to include Fit Rev classes today!

Mini Fit Girls Group: Ages 8-13 Class will introduce the basic elements of fitness, cardiovascular endurance & strength. Workouts will incorporate sport specific drills, strength training and fun cardio.!

CLUB HOURS

Mon-Thurs	5am-9pm
Friday	5am-8pm
Saturday	7am-5pm
Sunday	8am-3pm

DAY CARE HOURS

Mon-Sat	8am-12pm
Mon-Thurs	4pm-7pm

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