

# SkyRise Fitness Class Description

## MONDAY

### **TABATA- Katie**

high-intensity interval training (HIIT) workout, featuring exercises that last four minutes. The class consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval.

It may only take four minutes to complete a Tabata circuit, but those four minutes may well push your body to its absolute limit. Tabata burns a lot of calories and provides a killer full-body anaerobic and aerobic workout. It also improves athletic performance, improves glucose metabolism, and acts as an excellent catalyst for fat burning.

### **Body Bar Burn- Candice**

Are you a fan of BARRE? This is another form of Barre using a free standing bar. This is a low impact workout and good for all levels and prenatal women. In this class you will sculpt and strengthen your muscles, increase range of motion, and challenge your body in new ways in this total body conditioning class using body bars. A new workout every week. *This class is also great for Prenatal Mommas- moves can be modified!*

*NO CLASS TUESDAY- Join us for our Music Class with Lindsay for ages 0-5!*

## WEDNESDAY

### **Boot Camp- Danielle**

Get ready to target all major muscle groups with this 45 minute boot camp workout that is packed with a variety of strength, cardio, speed & agility, power, core intervals, circuits and drills that will be sure to challenge both your body and mind!

All fitness levels welcome. Progressions and modifications are provided.

## THURSDAY

### **Lift & Burn- Danielle**

This 45 minute total body workout will help build lean muscle while burning fat by combining strength training with HIIT intervals, quick but all-out bursts of cardio movements.

## FRIDAY

### **Total Body Strengthening- Katie**

Starting with the larger muscle groups we will work our way into the smaller muscle groups. We will focus on form and building muscle using repetition. Classes will vary week to week by using different equipment, including body weight, dumbbells, body bars, kettlebells, resistance bands and weight balls