

X	Phoenix Fitness 914-961-6900	2020 www.phoenixfit.com	<b>Classes &amp; Instructors are subject to change at any time</b> All Participants must exit studios after class
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>6:00-7:00 Open Floor</p> <p>9:15-10:15 <b>Full FIT</b> Charlie Link</p> <p>10:30 – 11:30 <b>Core, Strength and Balance</b> Mitzi Hayes</p>	<p>6:00-7:00 <b>Early Morning Strength &amp; Conditioning</b> Jeremy Corti</p> <p>9:15 – 10:10 <b>HIIT</b> Charlie Link</p> <p>10:30-11:30 <b>Yoga</b> Kathy Marino</p>	<p>6:00-7:00 <b>Spin</b> Mitzi Hayes</p> <p>9:30-10:30 <b>HIIT REBOUND</b> Charlie Link</p>	<p>6:00-7:00 <b>TBC</b> Gina Capicotto</p> <p>9:15-10:15 <b>Strength &amp; Conditioning</b> Jeremy Corti</p>	<p>6:00-7:00 <b>Spin</b> Mitzi Hayes</p> <p>9:15– 10:15 <b>Tabata</b> Pamela Campana</p> <p>10:30 – 11:30 <b>Yoga</b> Kathy Marino</p>	<p>9:00 - 9:50 <b>HIIT Pilates</b> Jessie Lambiase</p> <p>10:00-10:50 <b>Spin</b> Mitzi Hayes</p>	<p>9:30-10:30 <b>Yoga</b> Jennifer M.</p>
<p>6:30-7:00 <b>Total ABS</b> Pamela Campana</p> <p>7:00-7:45 <b>Spin</b> Pamela Campana</p>	<p>6:30-7:30 <b>TBC</b> Tracey Gerety</p> <p>7:35 – 8: 30 <b>Yoga</b> Mitzi Hayes</p>	<p>5:30-6:30 <b>Yoga</b> Sam Roller</p> <p>7:00-8:00 <b>Spin</b> Pamela Campana</p>	<p>6:30-7:30 <b>Pump</b> Pamela Campana</p>			

# Description of Classes

## ABS (Total ABS)

This class focuses on your abs and glutes. Abs challenges your balance while increasing concentration of your abdominal and lower back muscles. A great way to isolate your Abs!

## AEROBIC SCULPT

An interval class combining cardio, for calorie burning and muscle toning. In one class you have the ability to build muscle and improve lung capacity.

## BODY WEDGE 21

Intense weights & bands training class performed on an incline wedge

## BODY SCULPT

Strengthens the legs, arms, thighs and glute muscles through cardiovascular conditioning and lightweight training. The goal of the class is to increase strength and muscular endurance.

## BOOT CAMP BODY

Challenges your mind & body w/traditional calisthenics, agility, balance, high intensity cardio and straight up strength. The class moves @ an interval pace w/energetic instruction and passionate coaching to motivate even the most hesitant couch potato. If you are ready to push yourself, come try this safe and effective training workout. Moderations are available to all.

## CARDIO or EXPRESS SCULPT

Total body workout with exercises that transition from one muscle group to the next, training both muscular strength and endurance. Continuous movement to great music with an intense abdominal session.

## CORE, STRETCH & FLEX

This class works effectively in toning joints and developing balance, strength, and flexibility. The class helps enhance relaxation and reduces stress throughout our body. You will also work on proper alignment and deep breathing techniques. Major muscle groups are stretched actively which allows for increased flexibility.

## EXPRESS BURN

This cardio class ignites your metabolism to burn calories. It's done in a format designed to get you out of your comfort zone and increase your anaerobic threshold. Using intervals of strength and cardio training to help improve your flexibility, agility, strength and endurance so all your other workouts get easier. You'll even continue burning calories after your workout is over as a result of your faster metabolism. Great for all levels of fitness.

## HIIT

An intense fusion of our classic High Intensity Interval Training (HIIT) sequences coupled with 3 rounds of Tabata cardio (8 twenty second rounds of high energy aerobic movements) designed to drive the participants to their peak fitness potential. Format is divided into 3 "blocks" of full body training exercise sequences which gradually increase in complexity. HIIT concludes with 5 minutes of core work and a 3 minute stretch with cool down. Heart Rate Monitors are recommended!

## HIIT REBOUND

ALL THE BENEFITS OF OUR POPULAR HIIT CLASS WHILE TRAINING ON A LOW-IMPACT SURFACE (TRAMPOLINE) WILL KEEP YOU LEAN AND STRONG WHILE PRESERVING YOUR JOINTS. EXPERIENCE MORE MOVEMENT AND LESS STRAIN ON YOUR BODY!

**KICKBOXING/TBC COMBO** Traditional styles & technique of boxing are presented in this "fusion" type class to work your muscles to the core! Strength training is added in for a complete workout.

## PILATES/IMX/PROGRESSIVE/FUSION

Pilates concentrates on strength and flexibility with weights. This class aims at targeting your core and helping to lengthen your spine. Every day stress and tightness is sure to leave you once you finish this class.

## PUMP

Intense heavy weight barbell training with nonstop action to give you the ultimate PUMP!

## SPIN

Based on sound cycling principles, this cardio workout is performed on a stationary bike and can be technique based and/or real terrain based. Classes focus on cadence, heart rate zones, sport-specific drills, climbs & sprints that can make an unpredictable ride that is fun and challenging.

## TOTAL BODY CONDITIONING

An interval class combining cardio, for calorie burning and muscle toning. In one class you have the ability to build muscle and improve lung capacity.

## YOGA/YOGA SCULPT

Yoga works effectively in toning joints and developing balance, strength, and flexibility. The class helps enhance relaxation and reduces stress throughout your body. You will also work on proper alignment and deep breathing techniques.

# PHOENIX

# FITNESS

## Group Fitness



**PHOENIX FITNESS**  
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Tuckahoe, New York 10707

914-961-6900

Fax # 914-961-4884

**Club Hours:**

Mon – Thu: 5 AM – 10:30PM

Fri: 5AM – 9:30 PM

Sat: 7AM – 7PM

Sun: 7AM – 6PM

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