

FITNESS LINK SCHEDULE

**Fitness Link is here to help you reach your fitness goals.
There is absolutely NOTHING ordinary or average about our workout
experience.**

YOU CAN DO IT; just JOIN in!

Monday

12:00-1:00 – Cycle Boot Camp

4:30-5:30 – Spin Fusion

Tuesday

12:00-1:00 – Spin + Tabatas

5:15-6:30 – Spin+Kettlebell+Core

Wednesday

12:00-1:00 – Total Body Conditioning

4:30-5:30 – Spin Fusion

Thursday

12:00- 1:00 – Spin + Conditioning

5:15-6:30 – Spin + Kettlebell + Core

Friday

12:00-1:00 – Cycle Boot Camp

Saturday

9:00-10:30- Spin + Kettlebell + Core



FITNESS LINK CLASSES

Cycle Boot Camp

Cycle Boot Camp classes combine indoor cycling with strength and conditioning exercises to provide you with an amazing circuit workout. Expect the unexpected in these full body boot camp classes, from the equipment used to the style and intensity of each class. Cycle Boot Camp is packed with variety and tons of fun!

Just starting out? You can find success in this class.

Total Body Conditioning

Total Body Conditioning is a resistance based, cardio-laced session of total body interval training. Using kettlebells, resistance bands, a step, dumbbells and body weight, the class is led through an ever changing series of movements to focus on all muscle regions. This class accommodates all levels of fitness by the amount of weight used and demonstration of modified exercises for each level.

Spin Fusion

An indoor cycling class that requires nothing but a desire to get a great aerobic workout! With no difficult skills or choreography necessary, cycling is a great way to involve every individual in group riding. This exhilarating, high energy exercise integrates music, camaraderie and visualization in a complete mind/body exercise routine using stationary bikes. Then we add strength and conditioning for the complete workout!

Every class provides personal coaching. Just starting out? You will be coached step by step to SUCCESS - STRONGER, LEANER and HEALTHIER. It's never too late to get in the best shape of your life!

Spin + Tabatas

These classes will sculpt, tone and strengthen your entire body. An exercise strategy that is intended to improve performance with short training sessions. H.I.I.T training or High Intensity Interval Training focuses on high repetition movements; you'll burn fat, gain strength and quickly produce a leaner body.

Spin + Kettlebell + Core

Put Spin and Kettlebells together and WOW! You get a great workout! Kettlebell training gets back to the basics of exercise and movement that requires functional, whole body fitness. Kettlebells require an athlete to focus on whole-body conditioning because lifting and controlling a kettlebell forces the entire body, and specifically the core, to contract as a group, building both strength and stability at the same time.

New to exercise? Beginner levels welcomed; YOU can do it!

