

# ELEVATION

## FITNESS

### Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		Private Group Class		Private Group Class		
8:30am	E-KB	E-Box	E-Fit	E-Box		
9:30am				Bb	E-Fit	
10:30am	E-Boot Camp		E-Boot Camp		E-Boot Camp	E-Boot Camp
12:00 pm	E-KB	E-Suspension	E-KB	E-Suspension	E-KB	A-Family BJJ
4:30pm						
5:30pm		A-Youth 5:00 - 6:00 pm		A-Youth 5:00 - 6:00 pm	A-YOUTH COMP TEAM 5:00 - 6:00 pm	
6:30	B-Zumba	A-Juniors BJJ 6:00 - 7:00	B-Boot Camp	A-Juniors BJJ 6:00 - 700 pm	A-OPEN MAT 6:30 - 8:00 pm	
7:30	A-Adult BJJ 7:30 - 9:00 pm	A-Adults BJJ 7:00 - 8:30 pm	A-Adult BJJ 7:30 - 9:00 pm	A-Adult BJJ 7:00 - 8:30 pm		

#### Class Designations -

B - Elevation Basic

E - Elevation Elite

A - Elevation Martial Arts Academy

#### DayCare Hours:

M, W, F 8:30am – 12pm M, W 4pm – 8pm

Sat. 8:30am – 12pm

info@elevationfitness.com

## CLASS DESCRIPTIONS

<b>E-Boot Camp</b>	<b>A HIIT designed circuit class. consisting of many familiar body weight exercises such as pushups, burpees, mountain climbers, battle ropes, kettlebells, suspension training and much more. 2 You move from one exercise to another quickly, which helps keep your heart rate elevated and your body burning more calories at the same time</b>
<b>E-Box</b>	<b>Every class is a complete body workout executing full-power boxing punches, while incorporating resistance bands and weights in between rounds to achieve that sculpted body you've always wanted ! Workouts are intense but there is no full contact sparring in this cardio boxing class, you will at times be working with partners with targets and choreograph drills to learn strategies, concepts and learn to control timing and distance.</b>
<b>E-KB (Kickboxing)</b>	<b>The optimal mix of strength, cardio and core training . Similar to E-Box but adds kicks, knees, and elbow strikes to the mix.</b>
<b>E-Suspension</b>	<b>Class designed around suspension training. Focused on core stability and functional strength.</b>
<b>E-Fit</b>	<b>This workout comes in 3 varieties: cardio, strength and plyo.</b>
<b><i>Pump</i></b>	<b>Rapid fat-burning class using bar bells to give you the fastest way to tone and condition muscles.</b>
<b><i>Zumba</i></b>	<b>The Latin-inspired dance fitness program that combines red-hot music with contagious steps too for a "fitness party" that's addictive</b>
<b>E-Cycle</b>	<b>An indoor cycling workout where you take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training.</b>