MATRIX CLASS SCHEDULE

FALL SCHEDULE

START DATE:
Sept. 8 until Dec. 23

NO CLASSES:
Oct.12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNINGS (AM)					
	6:00 – 6:45 TREVOR Tuesday Mornin' Tune-up		6:00 – 6:45 DOUG Mornin' Warriors	6:00 – 6:45 TREVOR Friday AM Grind!	
LUNCH TIME (AM/PM)					
10:50 – 11:50 BRENDA Rage & Restore	10:30 – 11:00 SHERRY Interval Insanity EXPRESS		10:30 – 11:00 SHERRY Bootcamp EXPRESS	10:30 – 11:00 RICARDO Bootcamp EXPRESS	10:15 – 11:00 DOUG BURN AND BRUNCH
11:20 - 11:50 BRENDA JUST Restore	11:10 – 11:55 SHERRY Interval Insanity + POWER CORE	11:15-11:45 RICARDO Adrernaline HIIT EXPRESS w/ Ricardo	11:15-12:00 RIAZ Power Hour Pump	11:15 – 12:00 BRENDA Fitness Fanatic Fridays	
12:00 - 12:45 BRENDA Bulid & Burn		12:00-12:45 RICARDO Adrernaline HIIT	12:15 - 1:00 RIAZ Power Hour Pump #2	12:10-12:55 BRENDA Fitness Fanatic Fridays #2	
Evenings (PM)					
	5:15 - 6:00 RIAZ Metcon Massacre		5:15 - 6:00 RIAZ Metcon Massacre		

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CLASS DESCRIPTIONS

RAGE for 30! Then stay for RESTORE!
RAGE: 30 minutes high intensity bootcamp THEN sign up for RESTORE: 30 minutes of mobility, release, and stretch to improve function and decrease injury. THE BEST of both worlds!

Just RESTORE!
RESTORE: 30 minutes of mobility, release, and stretch to improve function and decrease injury.

Adrenaline HIIT
This is a total body, heart pumping, aerobic and strength conditioning workout. This High Intensity Interval Training class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance, and clear your mind - with a dedicated CORE segment to end the class!

Build & Burn
This class will challenge every aspect of your fitness by including strength and core training to build muscle and tone your body, plus cardio intervals, HIIT training and metabolic conditioning to help you burn calories both during, and after the class is done!

Tuesday Mornin' Tune-up
Start your week right with a High Intensity morning workout. ALL levels welcome!

Bootcamp EXPRESS
This 30-minute Bootcamp EXPRESS is a full body workout working your cardiovascular system and strength training simultaneously. This workout is sneaky hard!

Interval Insanity + POWER CORE
This type of HIIT workout that aims to yield the most benefits in a short amount of time. This class will utilize a variety of exercises to increase your aerobic capacity and anaerobic capacity. THEN finish off with a dedicated CORE segment! In simple terms, you will burn a ton of calories, get stronger, leaner, and overall healthier.

Metcon Massacre
45 glorious minutes of hard-hitting full body mayhem! These full body moderate to high intensity conditioning based workouts will leave you dripping sweat with no regret.

Adrenaline HIIT EXPRESS
This is a total body, heart pumping, aerobic and strength conditioning workout. This High Intensity Interval Training class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance, and clear your mind - with a dedicated CORE segment to end the class! All in 30 minutes!!

Mornin' Warriors
This class has it all: TRX, kettlebells, battle ropes and more! By combining strength training and cardio, you'll sweat hard, see results, and have fun FIRST THING IN THE MORNIN'. There will be a focus on form and modifications for every level.

Power Hour Pump
The body tune at noon! Total body strength based resistance training circuits, designed to enhanced physique and performance. Sculpt muscle, carve curves, and marvel at your hard earned results.

Interval Insanity EXPRESS
This type of HIIT workout that aims to yield the most benefits in a short amount of time. This class will utilize a variety of exercises to increase your aerobic capacity and anaerobic capacity. All in 30 minutes!!

Fitness Fanatic Fridays
Start the weekend off right with this 45-minute total body bootcamp, that uses strength training and stress relief movements to help sweat the day away!

Friday AM Grind!
A high-energy Functional Fitness class that combines cardio and strength training to help you get the most out of your workout. Build strength, boost endurance, and improve overall fitness so you're ready for any activity outside the gym. Perfect for all levels - whether you're a beginner, seasoned athlete, or anywhere in between!

Burn and Brunch
Come BURN with us this weekend! This class combines short intervals of intense exercise with short periods of rest. Mixing aerobic and resistance training to help build strength, cardiovascular endurance, and muscle endurance.