



Time	Mon	Tues	Wed	Thurs	Fri	Sat
5:30 am			Trekking		Kettlebell Camp	
5:45 am						
6:00 am		Trekking				
6:45 am	Trekking		Trek & CORE			
7:15 am						ROLL & RECOVER
7:30 am					LES MILLS GRIT	Trekking
8:15 am		Trek & CORE		Trekking		
8:30 am			LES MILLS GRIT			BOOTCAMP
9:15 am	TRX and more			BOOTCAMP	Trekking	
9:30 am		LES MILLS GRIT		LES MILLS GRIT	BOXING	
4:30pm	BOOTCAMP					
5:15 pm	ROLL & RECOVER					
6:00 pm	Trekking			TRX and more		
6:30 pm			LES MILLS GRIT			

THESE ARE PAID CLASSES, FOR MORE INFORMATION PLEASE SEE A MEMBER OF THE FITNESS TEAM.

GET LEAN

GET FIT

GET STRONG



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GET STRONG



is a high intensity, 30 minute interval training workout program that will increase your aerobic capacity and accelerate your fat burning while also building strength, muscular endurance, and power. With every session, you'll work more muscle tissue and keep calories burning for hours longer than with traditional training.

TRX[®] and MORE

Designed by a former navy seal and used by the military, law enforcement and Olympic Athletes. TRX leverages your bodyweight to improve balance, core stability and functional movement.

GET LEAN

Trekking

Walk or run your way through intense intervals of varying speeds and inclines for a fun and challenging training experience that will be sure to burn fat!!

Max capacity: 6

Trek and Core Short treadmill drills interspersed with bodyweight exercises and core stability makes this class fly by!

GET FIT

BOOTCAMP Full body circuit focusing on cardio, strength, power and endurance.

Kettlebell Camp: Total body and core work with a focus on kettlebell work interspersed with body weight and cardio exercises

ROLL & RECOVER: Help improve your workouts with foam rolling and mobility exercises. This class will enable you to become stronger and feel better than ever!

ALL CLASSES ARE 45 MINUTES AND OPEN TO ALL FITNESS LEVELS



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