

GROUP FITNESS FEBRUARY



PHOENIX
ATHLETIC CLUB



** Classes are open to all members and all levels of fitness **

**TUES:
6:30
AM**

**STRENGTH
SWEAT &
STRETCH**

Improve everything! Your strength, fitness, flexibility, body by combining and/or alternating cardio, strength training & deep stretches.

**12:15
PM**

YOGA

A 45 minute yoga class fit for all levels. Focused on reducing stress, increasing flexibility, and improving overall wellbeing.

**5:00
PM**

PILATES

This mat-based workout focuses on your core, mobility, flexibility, balance, & overall body awareness. This class will lengthen/strengthen muscles while giving you a full-body workout.

**WED:
12:15
PM**

**KICK
AND
CUT**

This kickboxing and strength training class will help you knockout every single one of your fitness goals! Burn a ton of calories, stimulate your core, and increase flexibility.

**THUR:
12:15
PM**

**CARDIO
CHAOS**

Total body, high energy cardio class utilizing intervals and calisthenics. Improve cardiovascular health.