

**Monday**

9:00-11:30

*MS Yoga  
(Private)*

2:30-3:15

*Gentle TRX*

5:30-6:15

*Total Body  
Pump*

6:15-7:00

*Total Body  
Burn*

**Tuesday**

10:00-11:00

*Fitmom  
Pre/post  
natal  
(Private)*

12:00-1:00

**PARKINSONS  
PROGRAM**

5:30-7:00

*Rebalance  
Challenge*

**Wednesday**

9:30-10:15

*Total Body  
Pump*

5:30-6:15

*Total Body  
Burn*

6:15-7:00

*Intro to  
TRX*

**Thursday**

10:00-11:00

*Fitmom  
Pre/post  
Natal  
(Private)*

5:15-6:00

*Balls and  
Bands*

**Friday**

9:30-10:15

*Total Body  
Burn*

10:30-11:15

*Wellspring  
Niagara  
Class*

**Saturday**

9:00-10:00

*Full Body  
Circuit*



10:30-11:30

*Yoga*

Reserve your spot  
using our online  
booking system!

## Which class is right for you?

### *Total Body Pump*

This 45 minute circuit based class incorporates full body, functional training using the TRX suspension training system along with Kettlebells. The specific combination and timing of the exercises helps you maximize your workout and boost your fat burning potential.

### *Total Body Burn*

“Total Body Burn 2” takes the traditional bootcamp approach to another level. This fast-paced class combines the TRX with medicine balls, kettlebells and sandbags all in one class. The goal is to strategically boost your metabolism using strength training and cardio based body weight training. For intermediate to advanced training levels.

### *Gentle TRX*

These classes are specifically designed to promote and facilitate an active lifestyle with our aging population. Great for those individuals looking to stay active, independent and injury-free as they get older.

### *Full Body Circuit*

This class is a mix of plyometric body weight training with targeted core exercises to boost metabolism and burn belly fat.

### *Balls and Bands*

Using a combination of resistance bands and stability balls this class will keep you sweating and challenge your muscles at the same time.

### *Yoga*

This Hatha flow yoga class allows for individuals of all levels to participate in a mind/body relaxation session while still providing a stimulating exercise component.