




# September 2019

## GROUP X FITNESS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am	Early Bird Circuit Tim						
5:15am				Sunrise HIIT Jami			
5:45am							
6:15am	Mid- Morning Classes						
8:30am						Rotating Class Check GX Board for Saturday's Rotation	
9:00am	Circuit Training Misty	 Angel	F.I.R.E Debra	 Ally	Bootcamp Misty		
9:30am							
10:00am	Basic HIIT Misty	Basic Cardio Jenny	Basic Circuit Lindsay	Basic Pump & Core Misty	 Angel		
10:45am							
11:00am							
	EVENING CLASSES						
3:00pm							
3:45pm							
5:30pm	Pump & Core Pam	Yoga Debra	H.I.I.T Jami	7- FIT Tim			
6:00pm							
7:00pm							

Early Bird Circuit - 60- second station will challenge your heart and lungs as well as your muscles.

HIIT- High intensity interval training which is a form of strength training. You will have cardio training with short periods of of anaerobic weight training every fitness level welcome.

F.I.R.E - Functional. Interval. Resistance. Exercise. Cardio work is integrated with functional strength training, followed by core work and stretching. All fitness levels welcome.

P90X- Is a program that uses cross-training and periodization to give you a full body workout in 55 minutes.

PiYo - combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

Sunrise HIIT- Is a program with differant exerces that will target your whole body that are done for a certain amount of seconds. Modifications and all fitness levels welcome

Club Hours	Mon - Thurs	4:30am-10pm
	Fri	4:30am-9pm
	Sat & Sun	6am-8pm
Kids Club	Mon - Fri Morning	8:30am-10:30am
	Mon -Thurs Evening	5:00pm-7:30pm



If you have any questions, please reach out to Group X Manager, Misty Hickey

655 W. 92 Hwy Kearney, MO 64060 (816)628-6288

[www.club7fitness-kearney.com](http://www.club7fitness-kearney.com)

