











TORNADO FITNESS CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 5:15AM		 5:15AM			 8:00AM
	 YOGA 8:00AM (90 MIN.)					 9:00AM
	 GROUP TRAINING 6:00PM	 6:00PM	 GROUP TRAINING 6:00PM	 6:00PM		

GROUP POWER® is your hour of power. Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight-plates, and your bodyweight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. This motivating team atmosphere will get your heart-rate up, make you sweat, and push you to your personal best. Power up!

(Please arrive about 5 minutes early to set-up your bench & weights.)

GROUP TRAINING is a boot camp style class that changes each week to keep your body guessing. You can expect agility work, plyometrics, and various strength training moves. (60 Minutes)

ZUMBA® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating! (60 Minutes)

YOGA can be as much or as little as you want it to be. For some it is purely a physical pursuit, keeping the body toned, strong and flexible. For others, yoga becomes more of a mindset and a way of living. Everyone can practice yoga. Regardless of age, experience, or level of flexibility – we can all benefit from yoga if we maintain “mental flexibility”...patience. Help bring balance to your day. Bring your yoga mat, blocks and strap if you have them! (90 Minutes)

****All classes are included in your TF membership and will take place upstairs in the classroom, unless otherwise noted. Don't be shy! Pick a class or 2, and try them out... We know you'll be hooked! If you have any questions, feel free to talk to each instructor before or after class.****