



FITNESS CONCEPTS

abfitnessconcepts.com
159 Stark St - Randolph
920-763-5695

February Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------|--------------------------------|----------------------------------|------------------------------------|----------------------------|------------------------------------|
| Boot Camp 5:45 - 6:30am | Group Cycling 5:00 - 5:45am | Boot Camp 5:45 - 6:30am | Group Cycling 5:00 - 5:45am | Boot Camp 5:45 - 6:30am | Ready...Set...Go! 6:30 - 7:00am |
| | Group Cycling 5:45 - 6:30am | | Group Cycling 5:45 - 6:30am | | Freeflow Yoga 7:15 - 8:15am |
| Youth S&C 4:00 - 5:00pm | Sculpt & Flow 5:15 - 6:00pm | 30 Rounds 5:30-6:00pm | Youth S&C 4:00 - 5:00pm | | |
| Tone 5:30 - 6:10pm | | TRX 6:15 - 7:00pm | Fat Burn Circuits 5:30pm-6:00pm | | |
| | | Group Cycling** 6:15 - 7:00pm | | | |

30 Rounds

A 30 minute unique class that incorporates a combination of strength, kick boxing and cardio bringing your workouts to the next level. Individual and partner, work in this high intensity interval training will allow you to get your heart rate up and your tension out in a non competitive fun atmosphere for all Fitness Levels. Kettle Bells and TRX Suspension Training will also be used in this high intensity training.

Boot Camp

Challenge your strength and endurance while burning calories. Boot camp exercises are great for fat & weight loss, endurance and fitness. Also improve other areas including balance, stability, flexibility, agility and posture. Beginners to advanced.

Fat Burn Circuits

Burn extreme calories in just 30 minutes. Class will consist of strength, Cardio intervals, core work and more. A variety of equipment, TRX, kettle bells, Bosu and stability balls, stairs and more will make this workout fast and fun!

Group Cycling

Feel motivated by the energy of the class as you burn calories and build endurance. This class is an exciting, low impact option on a stationary bike, with a high level cardio workout.

Ready...Set...Go!

A 30 minute weekend class that leaves no body part untouched and no calorie uncrushed. To get the job done, we'll use bodyweight, steps, tubing and bands! Get ready to get sweaty!

Sculpt & Flow

A workout to develop long, lean muscles through graceful movements by combining Pilates & Yoga. This class will strengthen muscles all while exercising with a little cardio infused Barre exercise with attitude!

TRX

TRX delivers a fast, effective total-body work out that benefits people of all fitness levels. Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform exercises to increase muscular endurance, a solid core and overall muscle tone.

Tone, Tighten & Strengthen

This multi-level class is for anyone who wants to develop muscular strength and endurance and increase lean mass. We'll tackle "basic" resistance training exercises using traditional, strategic principles. An easy to follow workout challenges every major muscle using a variety of equipment.

Yoga - Free Flow Yoga Class

What is FreeFlow Yoga? This class is unique combination of traditional & varied poses, friendly flows (vinyasa), guided breathing and a strong emphasis on allowing oneself to take a well-deserved trip "inward". Every class is complimented with calming music, mindful readings, guided meditation and hands-on instruction. Students will gain an awareness of breath, self, increase strength & flexibility, mental clarity and a better night's rest.

Students are encouraged to bring their own mat, water, open-mind, wear fitted/comfortable clothing and remove both socks and footwear. Please arrive 10-15 minutes early to secure a spot in class & allow time to switch mental gears from the busy day you're arriving from.

Youth Strength & Conditioning

Training provides an opportunity for youth to develop their overall self-confidence in sports, conditioning and fitness. Program focuses on improving flexibility, balance, coordination, speed, agility, and core strength. Your child does not have to be participating in Sports this is open to all Youth 5th-8th grade.