

Front Street Fitness Group Training Schedule

Updated 8.18.14

Monday:

Beginner: 1-1:30 (Dustin) & 4:15-4:45 (Mandi)

Intermediate: 12-12:30 (Dustin) & 3:15-3:45 (Mandi)

Advanced: 5:15-5:45 (Mandi)

Tuesday:

Beginner: 1-1:30 (Danielle) & 5:15-5:45 (Dawn)

Intermediate: 3:15-3:45pm (Dawn)

Advanced: 12-12:30 (Danielle) & 4:15-4:45 (Dawn)

Wednesday:

Beginner: 12-12:30 (Dawn/Mandi) & 4:15-4:45 (Dustin)

Intermediate: 1-1:30 (Mandi) & 5:15-5:45 (Dustin)

Advanced: 3:15-3:45 (Dustin)

Thursday:

Beginner: 3:15-3:45 (Dawn)

Intermediate: 12-12:30 (Danielle) & 4:15-4:45 (Dawn)

Advanced: 1-1:30 & 5:15-5:45 (Dawn)

Friday:

Beginner: 12-12:30 (Dawn)

Intermediate: 1-1:30 (Dawn)

Advanced: 2-2:30 (Dawn)

Beginner: You have decided it is finally time to start an exercise program! Congratulations! This class is the first step to your new and improved overall wellness! By taking this class, you will begin to reap the benefits of exercise almost immediately; within minutes of starting the class you will feel welcomed and encouraged by our Exercise Specialists that this is right where you need to be. You will get a comprehensive workout within the allotted time frame that will challenge your body (in a good way!) while teaching you proper form and allowing your body to adapt to new movements. The Exercise Specialists will teach you exercise movements you will be able to build upon, and when you are ready, you can move up to the intermediate class whenever you feel it is right for you. Little to no equipment will be used in these classes.

Intermediate: This class is a step up from the Beginner class level. This is the place where all types of fitness gurus like to be; not too hard, not too easy, but the perfect balance of exercises to push the body to greater strength and cardiovascular gains. This will be a faster paced class with modifications provided (if needed) for all exercises by the Exercise Specialists to help everyone get this sweat-inducing workout in the books! More and more exercise equipment will be used during these classes to keep the body guessing as to what is next!

Advanced: You think you got what it takes? This high-energy, high intensity class will push your muscles and your cardiovascular systems to the highest potential! This class will utilize challenging segments of cardiovascular work, muscle conditioning, and other athletic drills to ensure a complete total body workout. Come prepared to work hard and improve with every movement! Not recommended for beginners.