



Cash and Checks Accepted.

2018 Group Exercise Schedule

June 25th thru Labor Day

Ship Bottom Firehouse - 21st St. & Central Ave.

609-848-9494

Classes and Instructors are subject to change.

Air Conditioned

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			No Class				
8:00 am	Fit Body Bootcamp Sharon	Interval Burn Ellen	No Class	Piloxing Allison	Cardio Kick and Pump Ellen	Cardio Circuit Sharon	Tabata - Style Anne Marie
9:15 am	Strength & Core Sharon	Beach Body Sculpt Ellen		Tabata Boot Camp Allison	Beach Body Sculpt Ellen	Muscle Madness Sharon	Barre Fitness Anne Marie

	Rate	Two Back to Back Classes	Rate
Daily	\$ 18.00	Daily	\$ 30.00
Any 5 days	\$ 85.00		
Any 10 days	\$ 160.00		
Seasonal	\$ 280.00	Seasonal	\$ 400.00

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All equipment is provided; please bring a towel, sneakers and your energy!

www.lbi-fitness.net

Barre Fitness - A ballet inspired work out to develop lean muscle mass while improving your balance, flexibility and strength, with the use of bender balls, bars and bands.

Beach Body Sculpt - Get beach body ready in this full body muscle conditioning class that will work you from head to toe with the use of free weights, tubing, fit balls and body weight.

Cardio Circuit - An interval based class that includes challenging body and barbell exercises plus cardio!! You will have a combination of exercises that will challenge every part of your body. A complete workout. All fitness levels are welcome.

Cardio Kick and Pump - We are going to jab, kick, hook, bob and weave and shuffle your way to a fun cardio workout and add in some functional weighted movements to keep your body toned and tight for a full body benefit to this one hour party.

Fit Body Bootcamp - Full Body Interval Training that includes cardio and strength training exercises.

Interval Burn - Scientific studies have shown that high intensity interval exercise is the perfect formula for burning fat and calories and keeping your brain healthy. You will be doing 2 to 4 minute bouts of high intensity cardio exercises with intervals of compound movements with and without weights to keep your heart rate up and in your beneficial working zone. This is a full body workout, no experience necessary.

Kickbox Step - Utilizing the step as a prop to work on and off of as you kick, crunch and punch your way to a subtle body.

Kickbox Tabata - This 45 minute kickboxing and tabata workout will give you a fun intense cardio workout. There are 4 rounds of kickboxing and each round is followed by a 3 minute tabata-style routine.

Muscle Madness -A full body workout that will strengthen, condition and tone all muscle groups by using free weights, body weight and bands.

Piloxing - Blends the muscle sculpting of standing Pilates, the strengthening and cardio of boxing and the fun and sensuality of dance into a high energy interval workout. All three disciplines concentrate on core centered techniques.

Strength and Core - A series of exercises targeting your core and some major muscles.

Tabata-Style - builds strength and endurance in little time. Thanks to repeated sessions of all out EFFORT broken up by short periods of rest, 20 seconds on and,10 second rest.

Tabata Boot Camp - A high intensity interval training. The workout concentrates on calories burned during exercise and calories burned after exercising is over. This workout can burn up to 5X the calories after exercising than those burned during exercise!