



Cash and Checks Accepted.

# 2019 Group Exercise Schedule

June 22nd 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				No Class Sunday Sept. 1st Otherwise...
8:00 am	Fit Body Bootcamp Sharon	Interval Burn Ellen	No Class	High Fitness Allison	Cardio Kick and Pump Ellen	Cardio Circuit Sharon	P90X Kendall
9:15 am	Strength & Core Sharon	Beach Body Sculpt Ellen		Tabata Boot Camp Allison	Beach Body Sculpt Ellen	Muscle Madness Sharon	PiYo Kendall

	Rate	Two Back to Back Classes	Rate
Daily	\$ 20.00	Daily	\$ 35.00
Any 5 days	\$ 90.00		
Any 10 days	\$ 175.00		
Seasonal	\$ 300.00	Seasonal	\$ 425.00

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

**[www.lbi-fitness.net](http://www.lbi-fitness.net)**

**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.

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

**HIGH Fitness** - is a hardcore fun fitness class that incorporates interval training with music you love and intense easy to follow choreography. ... HIGH Fitness produces a high caloric burn and full body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks.

**P90X** - is a science-driven cardio and strength workout. This class uses proven training protocols, weights, and bodyweight movements to strengthen your body through blocks of work focused on cardio, the lower and upper body, and core.

**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.

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

**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!