



## FitCamp Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5:30 AM</b>	South Bay Church					
<b>9:00 AM</b>					Ayersworth	Ayersworth
<b>6:00 PM</b>	South Bay Church			Ayersworth		

**South Bay Church:** 13498 U.S. 301 South Riverview, FL 33578 *(Front Parking Lot)*

**Ayersworth Community Center:** 11102 Ayersworth Glen Blvd. Wimauma, FL 33598 *(Front Parking Lot)*

\*\*Type of class is designated in Vagaro on each specific day when scheduling. The Location will remain the same\*\*

\*\*Online class reservations required @ [AtmosEffect.com/Fit-Camps](http://AtmosEffect.com/Fit-Camps) or through the Vagaro App\*\*

**Classes**

**Warrior Boot Camp:** This group class is designed to build strength and fitness through a variety of exercise approaches including weight lifting, resistance training, plyometrics, HIIT Cardio and more. Boot camp is intense, so get ready to bring it!

**Stability, Balance & Core:** This class will teach you how to stabilize and balance your body, while also challenging and strengthening your core muscles. To accomplish this, we utilize standing yoga poses, stability boards, resistance bands and more... Learning how to better stabilize and balance your body will translate to more optimal strength training as muscle control and contraction will improve.

**HIIT Cardio:** HIIT stands for High Intensity Interval Training. HIIT is a combination of brief, very-high intensity bursts of cardio exercise followed by equal or longer periods of rest. A few minutes of HIIT can be as effective as much longer periods of moderate-paced cardio. Whether your goal is to improve your fitness, lower your risk for cardiovascular disease, lose weight or burn max calories, HIIT Cardio is a great approach.

**Power, Plyometrics & Legs:** Want to improve your speed, agility, reaction time, stability and explosiveness? If so, then this class is for you! Power, Plyometrics and Legs uses a combination of weight training, body weight and dynamic movements to improve your overall fitness as well as strengthening the foundation of your body: your legs.

**Alpha to Omega (Full Body Workout):** Alpha and Omega are greek words that describe the full essence of something, from the beginning to the end. In this class, we will capture the full essence of a workout by engaging all of your muscle groups.

**Isolation: Arms & Core:** This group class focuses on strengthening and toning your body's core as well as the major muscle groups in the arm: bicep, tricep and forearm.

**Isolation: Shoulders, Biceps & Core:** This group class targets the various areas of the shoulder muscle, the bicep muscle as well as your major core muscles; improving strength and muscle tone in these areas.

**Isolation: Back, Triceps & Chest:** This group class is all about execution. We will teach you the proper execution and load angles to strengthen and tone all areas of your back, tricep and chest muscles.