



## FitCamp Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9:00 AM</b>					Ayersworth	Ayersworth
<b>6:00 PM</b>	Ayersworth			Ayersworth		

**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\*\*

**FitCamps** *(Personal Training blended with Group Fitness)*

**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 as well as to strengthen and tone your core. To accomplish this, we utilize standing yoga poses, BOSU Ball, 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 lower body strength, speed, agility, reaction time, stability and explosiveness? If so, then this class is for you! Power and Plyometrics uses a combination of weight training, body weight and dynamic movements to improve your overall fitness.

**Upper Body Mastery:** This group class is a full upper-body workout, targeting the chest, shoulders, back and arms to give you a defined and symmetrical upper body.

**Isolation (Arms & Core):** In this class, we isolate and focus on toning and strengthening the bicep, tricep, forearm and abdominal muscles.

**Isolation (Shoulder, Biceps & Core):** In this class, we isolate and focus on toning and strengthening the shoulder, bicep and abdominal muscles.

**Isolation (Back, Triceps & Chest):** In this class, we isolate and focus on toning and strengthening the various muscle groups in the back, the chest muscles as well as the tricep muscle

**Contact Us**  
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