



FRESH FITNESS

Jan. 6 (New Year, New You): Entry level body weight fitness class working every major muscle in the body to kick-start your resolutions.

Jan. 13 (Beginner Boxing): This class will focus on the basic mechanics of kickboxing with an emphasis on balance and form.

Jan. 20 (Core & Stretch): Expect to start and end with slow stretching and a few beginner yoga sequences. The peak of the class will include many standing and mat based core exercises guaranteed to have you feeling it the next morning.

Jan. 27 (HIIT It Hard): This interval-style training will combine strength training with cardio bursts designed to tone your body, improve your endurance, and clear your mind!

Feb. 3 (Sunrise Yoga): Wake up and do something good for your body! This yoga class will meet you where you're at and leave your body feeling strong and lengthy.

Feb. 10 (HIIT It Hard): This interval-style training will combine strength training with cardio bursts designed to tone your body, improve your endurance, and clear your mind!

Feb. 17 (GLIDE Into Good Heart Health): February is American Heart Month- join us for a workout to help support a healthy heart! This class will utilize gliders to work all parts of your body in a creative and fun way!

Feb. 24 (Weekend Warrior Power Yoga): This powerful, energetic flowing class will emphasize breathing and form and allows all levels to be challenged in the same class!

March 3 (Power Pump): Start your morning off with a great muscle pump! We will use resistance bands to tone and strengthen your muscles.

March 10 (Power Partner Workout): Grab a partner (or find one there!) for this fun and interactive workout that is done with the help of a partner!

March 17 (Lucky Leprechaun Lower Body Blast): Join us for a killer resistance workout that focuses on core strength and lower body development for greater definition and improved performance!

March 24 (Who Said Sitting Was Bad For You?): This workout will be done completely on your workout mat! We will show you that being seated doesn't always equal laziness!

March 31 (Mystery Workout): We will put all of our workout classes from the last few months into a bucket and have one lucky participant draw our last workout out of the bucket!



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