





<b>Sun</b>			10:00 am  (Ashley)				
<b>Mon</b>	5:15 am <b>TABATA EXPRESS™</b> (Karen)  Open WOD*	9:00 am <b>TABATA EXPRESS™</b> (Karen)		4:30 pm Strength Training (Mary Lou)	5:30 pm Step and Pump (Char)	6:30 pm‡  (Karen)	7:30 pm <b>POUND®</b> <small>ROCKOUT. WORKOUT.</small> (Tricia)
<b>Tues</b>	5:00 am‡  (Karen)	9:00 AM Walk in the Park** (Karen)		4:30 pm‡ <b>TRX®</b> Power Hour (Char)	5:30 pm Cardio Kick-boxing (Karen)	6:30 pm Triple Threat (Karen)	7:30 pm  (Allie)
<b>Wed</b>	5:00-6:30am Cardio Kick-boxing Circuit (Karen) Open WOD*	9:00 am WOD* (Karen)		4:30 pm Get Pumped (Char)	5:30 pm Circuit Kick, Box & Burn (Karen)	6:30 pm‡  (Karen)	7:30 pm <b>POUND®</b> <small>ROCKOUT. WORKOUT.</small> (Tricia)
<b>Thur</b>	5:00 am‡  (Karen)	9:00 am  (Allie)		4:30 pm Barre Beats (Char)	5:30 pm Cut 360° (Karen)	6:30 pm  (Ashley)	7:30 pm Yoga w/Shannon  <i>Starting 7/12</i>
<b>Fri</b>	5:00-6:30am Open WOD*	9:00 am Pure Strength (Karen)					
<b>Sat</b>	8:30 am HIIT (Karen)	9:15 am  (Ashley)					

†TRX classes are pre-registered, paid 6-week sessions limited to 9 people  
‡Bootcamps are 8 or 6-week pre-registration or a \$10 drop in fee per class.

\*WOD (Work Out of the Day) instructor's choice  
\*\*Meet at Firestone Metro Park for a fast pace Walk in the Park

# PLX Fit Club

## Fees:

- \$5 Drop In
- \$25 Senior Rate (60+)
- \$40 One (1) month unlimited classes
- \$45 Ten (10) class punch card
- \$30 Corporate Rate for one (1) month unlimited classes
- \$100 Three (3) Month Unlimited

**Payments:** Make checks payable to: PLX Fit Club  
Cash, Credit Card: MasterCard, Visa

## TRX\*:

- \$30 Non-member 6-Week TRX Only
- \$10 Members with current one (1) month unlimited pass
- \$150 per group ... 4-Week Private TRX (2-3 people)\*\*

*\*Payment must be made upon signing up*

*\*\* Times can be arranged*

**Triple Threat:** No sign ups ... no extra charge ... included with membership

**Zumba:** No extra charge ... included with membership

## Personal Training or Small Group:

\$150 Eight (8) – one (1) hour sessions ... *Contact Karen Rohler for details (330) 472-5935 or a1aerobics@yahoo.com*

# PLX Fit Club

**Barre** – Focuses on contractions of specific sets of muscles combined with high reps with small range of motion movements. This class will strengthen and lengthen muscles to their fullest potential. Feel the burn!

**Cardio Core** – This class fuses various cardio type exercises and abdominal strength exercises to give you a great fat blasting workout.

**Cardio Kickbox Bootcamp** – Get ready to burn fat, increase strength, endurance, speed and agility with this high energy cardio/boxing class. Classic boxing moves on and off the bag mixed with a fusion of bootcamp style cardio. A definite heart thumper!

**Cardio Step** – All about the step! Cardio conditioning using different step patterns to get your heart rate up and burn tons of calories. Weights, bands and other equipment may be used.

**Circuit Kick, Box & Burn** – Work your muscles in every way possible. This class is designed to build strength, tone the muscles, increase bone density and decrease body fat by increasing lean body mass. Kettlebells, boxing bags and more will be utilized in this 3-6 minute round circuit style class. We provide the bags, you bring the gloves and towel.

**Cut 360** – Exercise is about movement. Our bodies have a purpose and function. This class focuses on specific movement patterns not muscle group to create a strong and functional body. This is a workout you need to add into your regular weekly routine!

**HIIT** – High Intensity Interval Training! This class will push you out of your comfort zone! Good for all levels of fitness with modifications provided for all exercises.

**PILATES+** - Focus on strengthening the powerhouse while conditioning those deep smaller muscles. Circuit format utilizing the Pilates reformer, Bosu Ball, TRX, Foam Roller, Pilates Ring, resist balls, small hand weights, Gliding disc and more!

**PLYOGA®** - A 4 part fitness system that utilizes the centered and balanced principles of Yoga as an active recovery for a segmented class in Plyometric interval movements. From fitness beginner to the veteran athlete ... PLYOGA is here to reveal the inner athlete in you!

**Pump** – A circuit type class including strength movement and cardio to give a total body workout.

**Spartacus Workout** – Designed for both men and women. The trainer chooses specific exercise that work every part of your body. Functional training that will not only challenge your muscles but your heart and lungs as well. This work is designed to torch fat and build a lean athletic looking body.

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**Tabata** – This interval type of training is one of the most effective types of HIIT training. Through a variety of simple yet intense timed exercise, each class will blast calories and provide noticeable results in a short amount of time. If your goal is muscle tone, weight loss or both, this class will provide what you're looking for.

**Triple Threat** – TRX, Water Rowers and challenge of the day.

**TRX** – This class utilizes the TRX suspension strap using gravity and your body weight to perform tons of exercise. YOU are in control of how much you want to challenge yourself during each exercise by adjusting your body position to increase or decrease resistance.

**Yoga Flow** – “Breathe as you move, move as you breathe.” Flow through energizing sequences of poses to improve strength, flexibility, and balance. This class will challenge and invigorate. Knowledge of the basics I recommended.

**Yoga/Pilates Fusion** – This class fuses together both of the most popular mind/body disciplines – Yoga and Pilates helping to create strength, flexibility and lengthening of the muscles.

**Zumba** – A fun fitness routine including dance movements to get the heart rate up, burn fat and tone the body all while having fun!