


FIT AND FEARLESS FRIENDLY PLACE. SERIOUS BUSINESS.

AUGUST CLASS SCHEDULE

EFFECTIVE AUGUST 3, 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 - 12:45 PM		HIIT	COMBOS & CONDITIONING	HIIT		9:00 - 9:45 AM COMBOS & CONDITIONING	No Sunday Classes
5:45 - 6:30 PM	HIIT	COMBOS & CONDITIONING	HIIT	COMBOS & CONDITIONING	KRAV MAGA (ALL LEVELS)	10:00 - 10:45 AM HIIT	
6:45 - 7:30 PM	KRAV MAGA (ALL LEVELS)	STRENGTH & STABILITY	KRAV MAGA (ALL LEVELS)	STRENGTH & STABILITY		11:00 AM - 12:00 PM MOBILITY	
7:45 - 8:30 PM			LADIES' KRAV MAGA				

ALL CLASSES ARE HELD IN-PERSON AND LIVE-STREAMED ONLINE.

CURIOUS ABOUT THOSE CLASS NAMES?

KRAV MAGA (ALL LEVELS): Whether a beginner or a seasoned krav enthusiast, you'll find something to suit you in this class. Learn practical self-defense designed to work with your body and your skill level. **HIIT (HIGH INTENSITY INTERVAL TRAINING):** Intervals of high-intensity, short-duration exercises designed to keep your heart rate up, burn calories, and increase your functional capacity. **COMBOS & CONDITIONING:** Combative combinations (strikes, kicks, bobbing & weaving, blocking, etc.) interspersed with additional cardio exercises to increase endurance. **STRENGTH & STABILITY:** Resistance training using weights and bodyweight to increase muscle capacity, improve dynamic balance, strengthen joints, and increase core strength. **MOBILITY:** Active recovery that's vital for a healthy body. Includes yoga flow, stretching, rolling out muscles, and balance exercises.

IN-PERSON CLASSES LIMITED TO 8 MEMBERS PER CLASS. PRE-REGISTRATION REQUIRED!
Sign up at wellnessliving.com/login/fitandfearless