



423-317-3337

## AUGUST MORRISTOWN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SA
6:00 AFTERBURN - LISA	6:00 STRENGTH - MONICA		6:00 AFTERBURN - LANE	6:00 AFTERBURN- MONICA	
8:30 AFTERBURN - TONY	8:30 STRENGTH BOBBIE	9:30 AFTERBURN - LISA		8:30 AFTERBURN - TONY	8:30 FOUND 9:30 AFTERE
5:30 AFTERBURN - SERGIO	5:30 STRENGTH - KIM	5:30 AFTERBURN - SERGIO	5:30 AFTERBURN - SERGIO		
6:30 STRENGTH - TONY	6:30 AFTERBURN - CRYSTAL		6:30 STRENGTH - SERGIO		

### AFTERBURN

A true metabolic workout, this cutting-edge class combines functional exercises, kettle bells, resistance & TRX suspension training, plyometrics with bouts of cardio intervals of jogging, sprinting, hills and stairs. There is little rest in between exercises in an effort to maximize calorie burn and increase your metabolic rate during and after the workout. You'll train like a top athlete, but at a pace you can handle.

### STRENGTH

If your focus is to build strength, look to this offering within our Team Training program umbrella. These interval-timed sessions increase intensity compared to our metabolic-focused Team Training sessions. Ready to take your workout to a stronger level? Industrial Strength is the answer.

### FOUNDATIONS

Whether you've never lifted a weight in your life, or if you're returning to a workout routine, these sessions concentrate on stepping you up to the next level of fitness. Functional training and include weight training workouts for beginner levels of fitness.

**TURDAY**

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BURN-SERGIO

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maximize calorie burn  
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uses strength and  
this is your workout.

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