

POWER LUNCH

CLASSES ARE FOR ALL
FITNESS LEVELS!

LUNCH HOUR EXERCISE CLASSES

TUES

SOULBODY BARRE
WITH ERIN

12:00pm - 12:45pm
KF MP Room

Full body workout that combines principles of Pilates, yoga, dance, and interval strength training with bursts of cardio.



WED

VINYASA
WITH LILIANA

12:00pm - 1:00pm
SMB Room

Energize, strengthen and build heat as you work to refine postures and deepen your connection to your body and mind.



THURS

NEW! **HIIT HUSTLE**
WITH CORTNEE

12:00pm - 12:45pm
KF MP Room

High Intensity Interval Training that activates the major muscle groups through quick, repeated bursts of strength and cardio moves, with alternating periods of rest and active recovery.



FRI

BODYPUMP
WITH TRACI

12:00pm - 1:00pm
KF MP Room

Class consists of squats, presses, lifts, and curls as you strengthen, tone, and define your entire body.



CLASSES ARE HELD
AT OUR IRONWORKS
BRANCH

NEED TO LEAVE EARLY? NO PROBLEM!



ALMUERZO ENERGÉTICO

CLASES DE EJERCICIO A LA HORA
DEL ALMUERZO

¡LAS CLASES SON PARA
TODOS LOS NIVELES DE
APTITUD!

MAR

SOULBODY BARRE
CON ERIN

12:00pm-12:45pm
KF MP Room

Entrenamiento de cuerpo completo que combina principios de Pilates, yoga, danza y entrenamiento de fuerza a intervalos con ráfagas de cardio.



MIER

VINYASA
CON LILIANA

12:00pm-1:00pm
SMB Room

Energice, fortalezca y genere calor mientras trabaja para refinar las posturas y profundizar su conexión con su cuerpo y mente.



JUEV

NEW! **HIIT HUSTLE**
CON CORTNEE

12:00pm-12:45pm
KF MP Room

Activa los principales grupos de músculos y repetidas de fuerza y movimientos cardiovasculares, con períodos alternos de descanso y recuperación activa.



VIER

BODYPUMP
CON TRACI

12:00pm-1:00pm
KF MP Room

La clase consiste en sentadillas, prensas, levantamientos y flexiones mientras fortaleces, tonificas y defines todo tu cuerpo.



LAS CLASES SE REALIZAN
EN IRONWORKS

¿NECESITAS SALIR TEMPRANO? ¡NINGÚN PROBLEMA

