

MY TIME

Open-studio time when members can utilize the equipment and space.

Mon-Fri: 11:00am-5:00pm • Sat: 9:00am-1:00pm*

*Sat: not open between 10:00-11:10am. See back for details.

April 2012 SCHEDULE

Schedule your classes online today:

www.birdrockfit.com/schedule

CLICK HERE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 7:30am F.I.T. Ethan 9:00am Yoga Grace 5:30pm M.E. Ryan 6:15pm Kickboxing: H.I.T. Ryan	3 6:30am TRX Grace 7:15am Spin Grace 9:15am CardioCore Ethan 5:00pm F.I.T. Ryan 5:45pm M.E. Ryan 6:30pm R&R Ryan	4 6:30am M.E. Michelle 7:30am F.I.T. Ethan 12 Noon CardioCore Ethan 5:30pm TRX Grace 6:15pm Spin Grace	5 6:30am TRX Grace 7:15am Spin Grace 9:15am F.I.T. Ethan 5:00pm CardioCore Ryan 5:45pm M.E. Ryan 6:30pm R&R Ryan	6 7:30am M.E. Ethan 12 Noon CardioCore Ethan	7 10:00am Bootcamp Ryan 10:40am CardioCore Ryan
8	9 7:30am F.I.T. Grace 9:00am Yoga Grace 5:30pm M.E. Ryan 6:15pm Kickboxing: H.I.T. Ryan	10 6:30am TRX Grace 7:15am Spin Grace 9:15am CardioCore Ethan 5:00pm F.I.T. Ryan 5:45pm M.E. Ryan 6:30pm R&R Ryan	11 6:30am M.E. Michelle 7:30am F.I.T. Ethan 12 Noon CardioCore Ethan 5:30pm TRX Grace 6:15pm Spin Grace	12 6:30am TRX Grace 7:15am Spin Grace 9:15am F.I.T. Ethan 5:00pm CardioCore Ryan 5:45pm M.E. Ryan 6:30pm R&R Ryan	13 7:30am F.I.T. Grace	14 10:00am Bootcamp Michelle 10:40am CardioCore Michelle
15	16 7:30am F.I.T. Grace 9:00am Yoga Grace 5:30pm M.E. Ryan 6:15pm Kickboxing: H.I.T. Ryan	17 6:30am TRX Grace 7:15am Spin Grace 9:15am CardioCore Ethan 5:00pm F.I.T. Ryan 5:45pm M.E. Ryan 6:30pm R&R Ryan	18 6:30am M.E. Michelle 7:30am F.I.T. Ethan 12 Noon CardioCore Ethan 5:30pm TRX Grace 6:15pm Spin Grace	19 6:30am TRX Grace 7:15am Spin Grace 9:15am F.I.T. Ethan 5:00pm CardioCore Ryan 5:45pm M.E. Ryan 6:30pm R&R Ryan	20 7:30am M.E. Ethan 12 Noon CardioCore Ethan	21 10:00am Bootcamp Ethan 10:40am CardioCore Ethan
22	23 7:30am F.I.T. Ethan 9:00am Yoga Grace 5:30pm M.E. Ryan 6:15pm Kickboxing: H.I.T. Ryan	24 6:30am TRX Grace 7:15am Spin Grace 9:15am CardioCore Ethan 5:00pm F.I.T. Ryan 5:45pm M.E. Ryan 6:30pm R&R Ryan	25 6:30am M.E. Michelle 7:30am F.I.T. Ethan 12 Noon CardioCore Ethan 5:30pm TRX Grace 6:15pm Spin Grace	26 6:30am TRX Grace 7:15am Spin Grace 9:15am F.I.T. Ethan 5:00pm CardioCore Ryan 5:45pm M.E. Ryan 6:30pm R&R Ryan	27 7:30am M.E. Ethan 12 Noon CardioCore Ethan 5:30pm ZUMBA PARTY! With Marina	28 10:00am Bootcamp Grace 10:40am CardioCore Grace
29 BIRD ROCK FIT OUTING Iron Mountain Hiking 11:00am Free to all members.	30 7:30am F.I.T. Ethan 9:00am Yoga Grace 5:30pm M.E. Ryan 6:15pm Kickboxing: H.I.T. Ryan				See back for full class descriptions.	NOTES: M.E.: Metabolic Effect R&R: Roll & Release H.I.T.: High Intensity Training F.I.T.: Functional Interval Training

"The Six Ws: Work will win when wishing won't." -TODD BLACKLEDGE

Bird Rock Fit Class Descriptions

Bootcamp 30 min.

This energizing workout incorporates the most popular and effective fitness “toys” in a positive team-building environment. Work together with teammates to navigate obstacles and complete challenges that test your strength and fortitude. You will sweat, push and laugh your way to a lean, healthy body.

CardioCore 30 min.

The secret to achieving a strong, sleek midsection requires a combination of full-body, fat-burning core movements mixed with heart-pumping and intense cardio intervals. But don't worry—this all-levels rest-based class challenges you at your pace for a safe and effective workout tailored to your individual abilities.

Kickboxing: H.I.T. 30 min.

Fast-track your fitness with this class that blends the principles of mixed martial arts and High-Intensity Interval Training. Learn proper technique while you kick, punch and sweat your way through short-burst combos. You will literally fight to become a stronger, more disciplined athlete—all in only 30 heart-pounding minutes. Training gloves are required. This class does not include hand-to-hand combat.

Metabolic Effect (M.E.) 30 min.

Burn fat and build muscle with this full-body workout. Using only dumbbells and a mat, you will experience intensive intervals, drills, and muscle fatigue which enhances fat and calorie burn for up to two days after the workout. You “push until you can't and rest until you can,” so you have complete control over the intensity of the workout.

F.I.T. (Functional Interval Training) 30 min.

Train like the pros with this sports conditioning-inspired, high-intensity workout. Designed for “athletes” of all levels, this class combines sport and agility drills with athletic strength training exercises for a dynamic, calorie burning, total-body workout.



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Roll & Release (R&R) 30 min.

Got knots? This recovery and rejuvenation class is designed to help alleviate nagging aches and pains and improve flexibility and joint range of motion. Using foam rollers and myofascial release techniques, you safely relieve muscle tension, reduce injury potential, improve blood flow, and increase flexibility.

Spin 30 min.

Use the Metabolic Effect principles for a highly intensive spin ride. Get ready to race against YOU. Be prepared to power up steep hills and sweat through heart-pounding sprint intervals during this one-of-a-kind cycling experience.

TRX®: H.I.T. 30 min.

This class combines the core-scorching TRX Suspension Training System and the principles of High-Intensity Interval Training for a workout that challenges the entire body. You will push, pull, jump and swing your way to improved strength, stability, and balance.

Yoga 1 hour

This vinyasa-inspired class takes you through a dynamic flow of yoga poses while teaching the importance of aligning each breath to each movement. Your instructor emphasizes technique, balance, form and concentration for improved flexibility, strength and mental clarity.

Zumba® 1 hour

It's the latest hot new workout to hit the streets of Bird Rock. This Latin-inspired dance party will get you movin' and shakin' to today's most popular tunes. Socialize and have fun while you burn through hundreds of calories!

MY TIME

Mon–Fri: 11:00am–5:00pm • Sat: 9:00am–1:00pm*

We know that busy schedules can come between you and your favorite Bird Rock Fit class. That's why we offer “My Time,” an open-studio setting that offers you the opportunity to utilize the equipment and space on your terms. Work out alone or with a fellow Bird Rock Fit member. Take some time for yourself. You deserve it!

*Saturday not open between 10:00–11:10am.