

SESSION SPOTLIGHT

Cardio Blitz

A fast-paced, cardio-focused workout that will burn fat and build lean muscle



See schedule for dates and times.

March 2013 SCHEDULE

Schedule your classes online today:

www.birdrockfit.com/schedule

CLICK HERE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
See back for full class descriptions.	M.E.: Metabolic Effect H.I.T.: High Intensity Training F.I.T.: Functional Interval Training				1 7:30am M.E. Ethan 12 Noon CardioCore Andrew	2 10:00am Bootcamp Ethan 10:40am CardioCore Ethan
3 10:00am Cardio Blitz Ethan	4 6:30am TRX Andrew 7:30am F.I.T. Andrew 5:30pm F.I.T. Ryan 6:15pm Kickboxing: H.I.T. Ryan	5 6:30am Body Blast Andrew 7:30am Cardio Blitz Ethan 9:30am CardioCore Ethan 5:45pm M.E. Ryan 6:30pm Cardio Blitz Ryan	6 6:30am M.E. Michelle 7:30am F.I.T. Ethan 5:30pm Body Blast Jasmine 7:30pm Yoga Rebecca	7 6:30am CardioCore Esther 7:30am Cardio Blitz Esther 9:30am Body Blast Andrew 5:45pm M.E. Ryan 6:15pm Kickboxing H.I.T. Ryan	8 7:30am M.E. Ethan 12 Noon CardioCore Andrew 5:30pm ZUMBA PARTY! With Marina	9 10:00am Bootcamp Ethan 10:40am CardioCore Ethan
10 10:00am Body Blast Ethan	11 6:30am TRX Andrew 7:30am F.I.T. Andrew 5:30pm F.I.T. Ryan 6:15pm Kickboxing: H.I.T. Ryan	12 6:30am CardioCore Esther 7:30am Cardio Blitz Esther 9:30am Body Blast Ethan 5:45pm M.E. Ryan 6:30pm Cardio Blitz Ryan	13 6:30am M.E. Michelle 7:30am F.I.T. Ethan 5:30pm Body Blast Jasmine 7:30pm Yoga Rebecca	14 6:30am Body Blast Esther 7:30am Cardio Blitz Esther 9:30am Body Blast Andrew 5:45pm M.E. Ryan 6:15pm Kickboxing H.I.T. Ryan	15 7:30am M.E. Ethan 12 Noon CardioCore Andrew	16 10:00am Bootcamp Andrew 10:40am CardioCore Andrew
17 10:00am F.I.T. Esther	18 6:30am TRX Andrew 7:30am F.I.T. Andrew 5:30pm F.I.T. Ryan 6:15pm Kickboxing: H.I.T. Ryan	19 6:30am Body Blast Esther 7:30am Cardio Blitz Esther 9:30am CardioCore Ethan 5:45pm M.E. Ryan 6:30pm Cardio Blitz Ryan	20 6:30am M.E. Michelle 7:30am F.I.T. Ethan 5:30pm Body Blast Jasmine 7:30pm Yoga Rebecca	21 6:30am CardioCore Esther 7:30am Cardio Blitz Esther 9:30am Body Blast Andrew 5:45pm M.E. Ryan 6:15pm Kickboxing H.I.T. Ryan	22 7:30am M.E. Ethan 12 Noon CardioCore Andrew 5:30pm ZUMBA PARTY! With Marina	23 10:00am Bootcamp Michelle 10:40am CardioCore Michelle
24 10:00am CardioCore Esther 31 CLOSED Easter Sunday	25 6:30am TRX Ethan 7:30am F.I.T. Ethan 5:30pm F.I.T. Ryan 6:15pm Kickboxing: H.I.T. Ryan	26 6:30am CardioCore Esther 7:30am Cardio Blitz Esther 9:30am Body Blast Ethan 5:45pm M.E. Ryan 6:30pm Cardio Blitz Ryan	27 6:30am M.E. Michelle 7:30am F.I.T. Ethan 5:30pm Body Blast Jasmine 7:30pm Yoga Rebecca	28 6:30am Body Blast Esther 7:30am Cardio Blitz Esther 9:30am Body Blast Ethan 5:45pm M.E. Ryan 6:15pm Kickboxing H.I.T. Ryan	29 7:30am M.E. Ethan	30 10:00am Bootcamp Ryan 10:40am CardioCore Ryan

“Be miserable. Or motivate yourself. Whatever has to be done, it's always your choice.” —WAYNE DYER

GROUP SESSION DESCRIPTIONS

Body Blast 30 min.

Build strength, improve balance and burn fat with this interval-style full-body session. Using the latest, greatest tools like TRX, Rip Trainer and ViPR, you will blast through plateaus to achieve a strong, sleek, fit body.

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.

Cardio Blitz 30 min.

Sprint training is known to be one of the most effective methods for burning fat and building lean muscle. Cardio Blitz combines the concept of sprints with some of the most popular equipment available today. Using tools like heavy ropes, plyo boxes, Gliding Discs™, TRX® Rip™ Trainers and more, this fast-paced, full-body, cardio-focused workout will leave you breathless and burning—in the most satisfying way possible.

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.

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.

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.

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 60 min.

Yoga with intensity! Appropriate for all levels, this challenging 60-minute class focuses on balance, form, flexibility, and strength. Get ready to feel strong, centered and sweaty!

Zumba® Party 60 min.



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!

**Get the Bird Rock Fit
App now.**

Scan here!



iPhone instructions

1. Download the QR Reader App in the App Store.
2. Launch the QR Reader App.
3. Scan the code.
4. Press the  button to “Open in Safari”
5. Once in Safari press the  button to “Add to Home Screen”