## FIRSTBANK FITNESS
### GROUP EXERCISE SCHEDULE
### November 2017

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bootcamp 6:15am-7:15am</td>
<td>Pure Cycle 6:15am-7am</td>
<td>Calorie Crushin' Cardio 4-Week Series 11am-11:30am</td>
<td>Bootcamp 6:15am-7:15am</td>
<td>Tabata 11am-11:30am</td>
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<tr>
<td>Upper Body Express 11am-11:30am</td>
<td>Yoga 11am-11:45am</td>
<td>Cycle Fusion 12pm-12:45pm</td>
<td>Express Abs 11am-11:15am</td>
<td>Essentrics 12pm-12:50pm</td>
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<tr>
<td>Yoga 12pm-1pm</td>
<td>Circuit 12pm-12:50pm</td>
<td>Zumba 5:15pm-6:05pm</td>
<td>Pure Cycle 5:30pm-6:15pm</td>
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<tr>
<td>Circuit 5:15pm-6:05pm</td>
<td>Tabata 5:15pm-6pm</td>
<td>Yoga 6:15pm-7:15pm</td>
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<tr>
<td>Pure Cycle 6:15pm-7pm</td>
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**Specialty Class!**

**Calorie Cardio Crushin’ Four-Week Series**
Every Tuesday in Group Exercise Room 11:00am-11:30am
A progressive four-week series that works on building endurance and boosting the metabolism! Recommended to take all four classes as they will get harder!

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**Bootcamp:** A combo of cardio bursts using a variety of equipment, bodyweight strength circuits, and high-intensity agility drills! You’ll leave completely drenched!

**Yoga:** Take your body and mind to another level of strength, flexibility, and relaxation. Flow through a series of poses incorporating balance, restorative stretching & breathing techniques. Flow is vinyasa style and designed for all levels.

**Pure Cycle:** This class will get the lower body moving and the heart pumping by combining strength and endurance components associated with cycling.

**Circuit:** High-intensity, constantly varied intervals of strength, cardio, and functional exercises! This class will be circuit style moving throughout a number of stations for a timed period. Get ready to sweat!

**Upper Body Express:** Strengthen and tone your arms, shoulders, and back in this 30-minute express class. Exercises building strength and definition in your upper body muscles will be the focus.

**Tabata:** Come join for a full body interval workout! 4 minutes at each interval with 20 seconds of work & 10 seconds of rest. All while using a variety of equipment.

**Express Abs:** A quick 15-minute session of gut busting exercises designed to strengthen and stabilize abdominal and lower back exercises. Get tight abs, improve functional strength, posture, and balance with this hardcore ab-tastic class!

**Essentrics** A workout that strengthens and stretches every muscle in the body eccentrically, rebalancing the muscles of the body. Helping to improve posture, gain strength, working every joint in the body, and creating a lean toned body!

**Zumba:** A fusion of international music and dance themes that create a dynamic and exciting workout. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.

**4-Week Calorie Crushin’ Cardio Series:** This class is designed to progressively build up your endurance and metabolism. It’s recommended to take all four classes, do not only take the last class of the month as that will be the hardest class. Each week class will get a little more difficult with more cardio and shorter breaks to build the endurance systems. Only 30 minutes!

Kayla Martin, Fitness Center Manager 720.598.7840
k.martin@contactelevation.com

All fitness classes can be adapted to your fitness level! Talk with the instructor who will help you modify exercises to your needs and get a great workout that’s appropriate to your level!

www.1stBankFitness.com