

JUANITA BAY IMPACT/GRAVITY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
6:00 AM	Strength and Conditioning 5:45-6:45am Brandi	GRAVITY Blast 6:00-6:30 Brandi	Metabolic Madness 5:45-6:45 Brandi	Strength and Conditioning 6:00-7:00 Michelle			
7:00 AM					GRAVITY Full Body Blaster 6:50-7:50 Brandi		
8:00 AM							
9:00 AM			Core Infusion 9:35-10:05 Michelle	GRAVITY Blast 9:45-10:15 Erin		Strength and Conditioning 9:30-10:30 Cristal	
10:00 AM	Metabolic Madness 10:00-11:00 Brandi		GRAVITY Full Body Blaster 9:35-10:35 Brandi		TRX Express 9:35-10:05 Michelle Strength and Conditioning 10:15-11:15 Alicia		
11:00 AM							
12:00 PM	GRAVITY Full-Body Blaster 12:00-1:00 Michelle		Metabolic Madness 12:00-1:00 Brandi				
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM			4 Week Youth Sports Cond 4:00-5:00 Nick				
5:00 PM							
6:00 PM	Strength and Conditioning 5:45-6:45 Cristal		TRX Express 6:15-6:45 Michelle	GRAVITY Full body Blast 6:35-7:35 Cristal			
7:00 PM				6 Weeks Functional Fitness 6:15-7:15 Bruce			
8:00 PM							



JUANITA BAY IMPACT/GRAVITY CLASS DESCRIPTIONS

GRAVITY Classes

GRAVITY GTS offers an amazing workout using your own bodyweight as resistance. The GTS is adjustable to alleviate common compensations due to limits in strength and or flexibility allowing you to truly focus on form. In GRAVITY GTS classes you will always focus on core stabilization, balance, strength, and mobility. The classes are fast paced making it a time-effective and efficient workout. Classes are 30 minutes (\$15 + tax) and 60 minutes (\$25 + tax). Space is limited to 4 participants. Sign up at the Front Desk to reserve your spot today.

30 Minute GRAVITY Blast with Brandi and Erin

Days: Tuesdays, 6 – 6:30am (Brandi)
Thursdays, 9:45 – 10:15am (Erin)

GRAVITY Full-Body Blaster with Brandi, Cristal, and Michelle

Days: Mondays, 12 – 1pm (Michelle)
Wednesdays, 9:35 – 10:35am (Brandi)
Thursdays, 6:15 – 7:15pm (Cristal)
Fridays, 6:50 – 7:50am (Brandi)

IMPACT Training Classes

IMPACT Training encompasses a wide range of small group training classes at CAC, all designed to move your body the way it is meant to move in a three-dimensional space. Located in the IMPACT Training Studio, classes will include exercise using a Queenax functional training equipment from Precor, TRX, BOSU, Kettlebells, Surges, Heavy Bags, Landmine, Sandbags, and so more. Classes will range in format, style, and structure, but are suited for participants of all fitness levels. All classes are taught by certified fitness specialists to keep things functional, challenging and safe. Space is limited to 8 participants. There are 30 minutes (\$15 + tax) and 60 minute (\$20 + tax) class formats. Check out the schedule to see what days/times work for you and well as class descriptions in our IMPACT Training brochure. Sign up for all classes at the Front Desk.

There is a 24-hour cancellation policy for all GRAVITY and IMPACT Training classes.

Strength and Conditioning with Brandi, Michelle, Nick, Cristal and Alicia

Days: Mondays, 5:45 – 6:45am (Brandi with cycle intervals)
Mondays, 5:45 – 6:45pm (Cristal)
Thursdays, 6 – 7am (Michelle)
Thursdays, 9:45 – 10:45am (Alicia)
Saturdays, 90-minutes 9:30 – 11am (Cristal with muscle recovery at end)
Sundays, 10 – 11am (Nick)

6-Week Functional Fitness with Bruce

Days: Thursdays
Time: 6:15 – 7:15pm

IMPACT Metabolic Madness with Brandi

Days: Mon., 10 – 11am, Brandi
Wed., 5:45 – 6:45am, 12 – 1pm, Brandi

90-Minute Strength and Conditioning with Muscle Recovery with Cristal

Day: Saturdays
Time: 9:30 – 11am

IMPACT TRX Express with Michelle

Days: Wed., 6:15 – 6:45pm
Fri., 9:35 – 10:05am

Questions about the IMPACT Training and GRAVITY SGT at the Club? Contact Fitness Director Brandi at brandio@columbiaathletic.com.

