

ShipShape

Pennsylvania



Group exercise schedule – Bogle (formerly Majestic)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6:15 – 7:00a HIIT	6:30 – 7:30a YOGA	6:15 – 6:45a HIIT	
			6:45-7:00a ABS BLAST	
7:30 – 8:15a BODYPUMP™				
11:00 –11:45a BODYPUMP™	11:00 – 11:45a BOOT CAMP	11:00 – 11:55a YOGA	11:00 – 11:45a BOOT CAMP	11:00 – 11:30a MINDFULNESS MEDITATION
12:00– 12:45p CARDIO KICKBOXING	12:00 – 12:45p POWER SCULPT	12:00 – 12:45p BODYPUMP™	12:00 – 12:45a CARDIO KICKBOXING	12:00 – 12:45p YOGA
	12:50 – 1:35p BARRE		12:50– 1:35p BARRE	12:50 – 1:35p BODYPUMP™
4:45 – 5:30p BODYPUMP™	4:45 – 5:30p YOGA	4:45 – 5:30p CARDIO KICKBOXING	4:45 – 5:30p BODYPUMP™	
5:30 – 6:30p YOGA	5:30 – 6:15p POWER SCULPT	5:30 – 6:30p ZUMBA®	5:30 – 6:15p HIIT	
6:30 – 7:15p POWER SCULPT	6:15 – 6:30p ABS BLAST		6:15 – 6:30p ABS BLAST	<small>PROFESSIONALLY MANAGED BY</small> EXOS Updated April 2019
7:15 – 7:30p ABS BLAST				

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Class Descriptions

ABS BLAST:

Focusing on abdominal training and lower-back conditioning, this class is perfect for strengthening your midsection.

BOOT CAMP:

This class challenges your whole body by combining cardio and strength-training exercises in a variety of workout formats.

BODYPUMP™:

BODYPUMP™ is a Les Mills™ barbell workout for anyone looking to get lean, toned, and fit – fast.

BARRE:

Strengthen and tone your core and lower body with this ballet-inspired fitness class. You will perform a variety of exercises that focus on isometric strength training combined with high reps of small range-of-motion movements.

CARDIO KICKBOXING:

This fast-paced class takes you through drills and combinations of kicks and punches, keeping your heart rate high and your energy even higher!

HIIT

This high-intensity interval training workout will push you to your full potential. Exercises include speed drills, plyometric, and bodyweight exercises for a total body-conditioning cardiovascular workout!

POWER SCULPT:

High volume reps and low resistance exercises challenge strength, cardio, and endurance in a 45-minute nonstop sweat session.

MINDFULNESS MEDITATION:

This class will help you to train your attention, connect to your body, and cultivate awareness. This class is strictly meditative (no physical exercise)

YOGA:

Open level: Find your “yogic” balance and develop your practice. This class combines fluid movements and deep stretches while focusing on mindfulness and breathing. Increase flexibility, balance, and strength, while also improving your energy and calm.

ZUMBA®:

This dance-movement inspired class delivers variety of high and low intensity dance movements, inspired by music from all over the world. Prepare to smile, laugh, and sweat!

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