

# ShipShape

Pennsylvania



## Group Exercise Schedule – Morgan

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 – 7:45a POWER SCULPT	7:00 – 8:00a YOGA	7:00 – 7:45a INDOOR CYCLING	7:00 – 7:45a YOGA	
12:00 – 12:45p INDOOR CYCLING	12:00 – 12:45p INDOOR CYCLING	12:00 – 12:45p *HIIT	12:00 – 12:45p INDOOR CYCLING	12:00 – 12:45p *HIIT
12:45-1:00p ABS BLAST				
5:00 – 5:45p HIIT	5:00 – 5:45p INDOOR CYCLING	5:00 – 5:45p HIIT	5:00 – 5:45p INDOOR CYCLING	

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Updated April 2019

\* Please arrive early to receive a ticket for a spot

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## Class Descriptions

### **ABS BLAST:**

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

### **H.I.I.T.**

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!

### **INDOOR CYCLING:**

Ride to the beat in this playlist driven ride. “Performance” comes from daring and exciting challenges along the way. Let go and RIDE!

### **POWER SCULPT:**

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

### **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.

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