

ShipShape

North Carolina

March 2019



Group Exercise Schedule – Charlotte

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6:30 – 7:15a Body Rock Bootcamp Becky	6:30 – 7:15a Fusion Flow Yoga Sarah	6:30 – 7:15a Body Rock Bootcamp Katie	6:30 – 7:15a Fusion Flow Yoga Sarah
	7:15 – 7:30a Core Conditioning Becky		7:15 – 7:30a Core Conditioning Katie	
12:00 – 12:45p Body Rock Bootcamp Katie	12:00 – 12:45p Fusion Flow Yoga Sarah	12:00 – 12:45p Body Rock Bootcamp Miles	11:30 – 12:00p H.I.I.T. Phil 30 Min	12:00 – 12:45p Body Rock Bootcamp Your EXOS Team
12:45– 1:00p Core Conditioning Katie			12:00 – 12:45p Yoga Sarah	12:45– 1:00p Core Conditioning Your EXOS Team
1:00 – 1:45p *New Yoga Strength Sarah	1:00 – 1:30p H.I.I.T Katie 30 Min	1:00 – 1:30p Sweat and Stretch Phil 30 Min	12:45 – 1:00 Yoga Workshop *March Feature Sarah	
	5:15 – 6:00p Body Rock Bootcamp Phil			
5:30 – 6:30p Slow Flow Yin & Yang Lisa		5:30 – 6:15p Cardio Kickboxing Katie	5:30 – 6:00p H.I.I.T Becky 30 Min	
	6:00– 6:15p Core Conditioning Phil	6:15 – 6:30p Abs Blast Katie		

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Class Descriptions

BODY ROCK BOOTCAMP:

This whole body workout, challenges you by combining both strength training and cardio exercises by means of sports conditioning and unpredictable workout formats.

CORE CONDITIONING:

Focus on fundamental training and conditioning. This class is perfect for strengthening your core.

CARDIO KICKBOXING:

Punch and kick to the beat during this powerful high energy class!

H.I.I.T.:

Pow! This High intensity training class is geared to give the maximum impact in 30 minutes to keep you burning calories long after your workout.

SWEAT AND STRETCH BY EXOS:

Improve movement quality through core strength and soft tissue release. This class is a great option for muscle recovery and mobility.

YOGA (Slow Flow Yin & Yang):

All Levels: Increase flexibility, balance, and strength, while also improving your energy and mindset. Combine fluid movements and deep stretches while focusing on mindfulness and form.

FUSION FLOW YOGA:

Combine traditional Yoga with new age trends for blended techniques and overall mind body wellness.

YOGA WORKSHOP:

All Levels: Try Yoga inversions and arm balances. Work towards energizing and stimulating your nervous system with motivational pose challenges!

**March
Feature*

YOGA STRENGTH:

Vinyasa flow incorporating light weights for added strength with Yoga poses for an overall powerful mind body experience.

**New*

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