



January 2024 - CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM CLASSES					
5:30AM Strength & Muscle (Jen B.)	5:30AM <i>REAL RYDER® Cycling (Kristin B.)</i>	5:30AM Strength & Muscle (Jen B.)	5:30AM Kettlebell (Jen B.)	5:30AM <i>REAL RYDER® Cycling (Kristin B.)</i>	8:30 AM Total Body Burn (Michaela)
7:00 AM Pilates (Jan)	8:30 AM Kettlebell (Lisa) MPOWER CIRCUITS (Justin)	7:00 AM Pilates (Jan)	8:30 AM Kickboxing (Christine) MPOWER CIRCUITS (Courtney)	7:00 AM Pilates (Jan)	9:00 AM <i>REAL RYDER® Cycling (Courtney or Amanda)</i>
8:30 AM Kickboxing (Christine)	9:30 AM <i>REAL RYDER® Cycling (Amanda)</i>	8:30 AM Tabata (Courtney)	9:30 AM Butts & Guts (Courtney) Cardio Step (Patrice)	8:30 AM Strength & Muscle (Justin)	9:30 AM STEP® Aerobics (Patrice) BARRE (Michaela)
9:00 AM Small Group Training (Jen B.) <i>REAL RYDER® Cycling (Courtney)</i>	9:30 AM Cardio Step (Patrice) Total Body Blast (Lisa)	9:00 AM Small Group Training (Jen B.) <i>REAL RYDER® Cycling (Lisa)</i>	10:30 AM TRX® (Michaela) Zumba® (Christine)	9:00 AM Kettlebell (Lisa)	10:30 AM Yoga (Patrice) Rumba Groove (Michaela)
9:30 AM PowerPump (Christine) Butts & Guts (Lisa)	10:30 AM TRX® (Michaela) Zumba®(Christine)	9:30 AM PowerPump (Christine) All About Dance (Michaela)	11:30 AM Ultimate Stretch (Michaela)	9:30 AM Body Sculpt & Strength (Michaela)	STAFFED HOURS
10:30 AM Dance Explosion (Michaela)	11:30 AM Ultimate Stretch (Michaela)	10:30 AM Dance Explosion (Michaela)	12:30 PM Silver Sneakers® BOOM Move (Michaela)	10:30 AM TRX® (Michaela)	24/7 Member Access MON-THURS: 5:30AM - 8PM FRIDAY: 5:30AM - 6:30PM SATURDAY: 8AM - 2PM
11:30 AM Core Strength & Balance (Michaela)	12:30 PM Silver Sneakers® BOOM Move (Michaela)	11:30 AM Silversneakers® Classic (Michaela)		Zumba® Toning (Christine)	KIDS CORNER HOURS
12:30 PM Silversneakers® Classic (Michaela)				11:30 AM Gentle Yoga (Patrice)	Mornings MON-FRI: 8AM - 11:30AM SAT: 8:15AM - 12PM
				12:30 PM Silver Sneakers® BOOM Move & Strength (Michaela)	Evenings MON & WED: 4:45PM - 7:30PM TUES & THURS: 5:15PM - 7:30PM FRIDAY: 5PM - 6:30PM
PM CLASSES					
5:00 PM Small Group Training (Jenn B.)	5:30 PM Dance Explosion (Michaela)	5:00 PM Small Group Training (Jen B.)	5:30 PM NEXT LEVEL Dance (Michaela)	5:30 PM TRX® (Michaela)	OUR ADDRESS: MPOWER FITNESS 160 Cypress Point Pkwy, D213 Palm Coast, FL 32164 www.MPowerFlorida.com (386) 445-2508
5:30 PM TRX® (Justin) STEP® Aerobics (Patrice)	6:00 PM <i>REAL RYDER® Cycling (Courtney)</i>	5:30 PM TRX® (Justin)	6:00 PM <i>REAL RYDER® Cycling (Courtney)</i>		
6:30 PM Cardio Dance (Michaela)	6:30 PM Ultimate Stretch (Michaela)	6:30 PM Yoga (Dana)	6:30 PM Barre & Stretch (Michaela)		

REGISTRATION for Class is Available 26 HOURS in advance. Please cancel at least 1 HR PRIOR to avoid a \$10.00 no show fee.

NO LATE ENTRY INTO CLASSES. Please arrive 10 minute early for CYCLING classes to set-up bike. No Assigned Bike Option Beginning 12/1/2023

CLASS DESCRIPTIONS

STRENGTH & WEIGHTS

ZUMBA® Toning – Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

POWERPUMP – is a barbell workout using light to moderate weights and high reps to get you lean and toned. You will work all your major muscles as you build strength and burn calories, getting fitter, faster. The encouragement, motivation, and great music you get in a PowerPump class will help you achieve better results than you would ever get on your own.

TRX – Sculpt your body and strengthen your core using your own bodyweight as resistance in this popular suspension training class. Burn calories, improve your balance and your posture.

BUTTS & GUTS – A class that focuses on lower body and core exercises to sculpt, shape & strengthen your abdomen/core, glutes and thighs.

SILVERSNEAKERS® CLASSIC – Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginner to intermediate skill levels.

BODY SCULPT & STRENGTH – A class designed to both sculpt and strengthen the entire body using barre exercises, swiss ball, weights, and floor work.

STRENGTH & MUSCLE - A resistance training class using barbells, kettlebells, dumbbells, and resistance bands to help build muscle and strength through a variety of workouts.

SMALL GROUP TRAINING - Consists of one trainer working with a group of members. With having up to 16 per group it will allow the personal trainer to incorporate individualized workouts for everyone in the group.

SMALL GROUP TRAINING (Silver) - Consists of one trainer working with Senior/Beginner Members in a small group setting. Keeping the group to an 16-person max allows the personal trainer to build a connection with each individual while also giving proper attention to each participant's safety, form, and alignment.

LOWER BODY BLAST - Join us for this specialty strength class with emphasis on sculpting the glutes, legs, and everything lower body.

UPPER BODY BLAST - Join us for this specialty strength class with emphasis on sculpting the chest, back, arms, and abs!

TOTAL BODY BURN - Toning and strength training workout that uses both upper and lower body exercises for a total body burn.

TOTAL BODY BLAST - Full body strength workout w/cardio intervals.

CARDIO & CYCLING

CARDIO DANCE - An easy to follow fitness dance class for beginners or anyone wanting to sweat while having fun dancing. Come work up a sweat!!!

STEP® Aerobics – A basic, traditional step aerobics class that incorporates athletic movements on the step. Basic coordination is a plus.

DANCE EXPLOSION – Exclusive to MPower Fitness! A dance fitness class featuring the true flavors of dance choreographed by former professional dancer Michaela King. Have fun burning calories to all the hot dance styles!

KICKBOXING - Combines martial arts techniques with fast-paced cardio. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle.

REALRYDER® Cycling – The RealRyder® Indoor Cycling bike is like no other indoor bike on the planet! The unique, patented articulating frame technology lets the rider – any rider, novice to pro – fully engage their body and mind in a one-of-a-kind tactile, dynamic and functional riding experience. Please arrive 10 minutes early to set up your bike (**LATE ENTRY NOT PERMITTED**).

SPIVI® CYCLING - RealRyder® Indoor Cycling combined with Spivi® 3D simulation technology in our state-of-the-art cycling theater! Utilizing real-time heart rate and cadence monitoring, our instructors help you improve performance and reach fitness goals! A large projection screen is used for a virtual reality setting. **Please arrive 10 minutes early to set up your bike. (LATE ENTRY NOT PERMITTED)**

ZUMBA® – One of the most popular dance fitness workouts! Burn tons of calories while having fun dancing to the energizing Latin and International rhythms and music. Join the Party!

ALL ABOUT DANCE – A class with a break down of choreography, rhythms, and steps from many styles of dance. Followed by snading stretch to increase flexibility and balance.

SILVERSNEAKERS® BOOM Move - A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun.

SILVERSNEAKERS® BOOM Move & Strength - Dance workout that helps burn calories and gets your heart pumping. Don't worry about getting every step perfect. Just have fun and improve your cardio endurance and strength during this workout. This class is designed for beginners and active seniors.

NEXT LEVEL DANCE – A choreographed class to learn next level dance routines. The class combines modern dance styles such as pop, fun and hip hop with technical jazz dance steps.

MIND, BODY, FLEXIBILITY & RECOVERY

YOGA – A complete mind-body workout that focuses on keeping the body strong, flexible, and toned while relaxing your mind. A mat is recommended

ULTIMATE STRETCH – A fantastic, traditional stretch class to increase flexibility and range of motion. Join Michaela to release the entire body!

CORE, STRENGTH & STRETCH

BARRE – A class designed to learn correct posture and body awareness; using ballet exercises, isometric holds, stretching, at the barre, and floor work. The purpose is to strengthen and lengthen muscles and the core. A mat is also recommended.

BARRE & STRETCH – A fantastic, traditional stretch & barre class to increase flexibility and range of motion that includes ballet exercises, isometric holds, stretching and floor work. The purpose is to strengthen and lengthen muscles and the core.

PILATES – A total body program originally called "Contrology" and developed by the late Joseph H. Pilates. The workout integrates all of the muscles of the body while strengthening the "powerhouse." Build core strength, improve flexibility,

CORE STRENGTH & BALANCE - This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. The instructor may include a variety of equipment in this great workout.

HIGH INTENSITY

MPOWER CIRCUITS - Is taught true circuit style incorporating both cardio and strength exercises. It takes place in our athletic training studio and uses a variety of functional training equipment. (**Please arrive 10 min early-LATE ENTRY IS NOT PERMITTED**)

KETTLEBELL – Swing, clean, snatch and jerk your way into killer shape with this awesome strength building class. Full body workout with bursts of cardio.

TABATA - Intervals of cardio and strength using the Japanese-inspired Tabata programming of 20 seconds of intense work followed by 10 seconds of rest for a total of 8 rounds or sets.