

NOVEMBER

2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	29 8:15a 4:20p 5:30p Core Fit	30 8:15a 4:20p 5:30p Core Strong	31 8:15a 4:20p 5:30p Trainers Choice	1 8:15a 4:20p 5:30p Core Fight	2 8:15a 4:20p 5:30p Core Grit	3 9:15a Trainers Choice
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Class length may vary due to population

Core Grit

Is our stamina tester. It's a series of kickboxing, boxing, cardio and strength movements designed to see how much you can take *and for how long?* *This system is high impact with minimal rest. The goal of grit is to keep your heart rate in your maximum zone for an extended period of time.*

Core Fit

*Is undoubtedly the staple of C.O.R.E. Fitness & Boxing Club, as this is one of the most high impact and challenging classes on the schedule. **Fit** is our signature multi-station and multi-movement class, which also includes boxing and kickboxing movements. This is when you don't stop until you drop... and even then, YOU KEEP GOING!*

Core Flex

Is the blend of boxing and kickboxing with the use of yoga type movements to elongate and stretch the muscles during an intense workout. Flex will focus on low impact as well as some of the more challenging yoga movements mixed with periods of boxing and kickboxing to really work the muscle, but keeping it limber and providing added flexibility over time.

Core Fight

Is designed to give you the non-contact training but provide you with the techniques real fighters exhibit. In fight, you will use multiple boxing combinations, kickboxing techniques, as well as, some aspects of MMA.

Core Strong

Is the use of the body's natural weight as well as multiple adjectives to enhance muscle performance along with boxing and kickboxing movements, that will give this workout an extra punch.

Trainers Choice

Your trainer determines your fate for this class!