



2018 Fall/Winter Class Schedule
***UNLIMITED MONTHLY CLASSES ONLY**
\$89.99

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15 am Morning Grind w/ Dawn	5:15-6:15 am Morning Grind w/ Dawn	5:15-6:15 am Morning Grind w/ Stacie	5:15-6:15 am Morning Grind w/Dawn	5:15-6:15 am Morning Grind w/ Stacie	8-9:15 am SMACKDOWN w/ staff
6:30-7:30 am Sweat Roulette w/Stacie	6:30-7:30 am 100 GRAND w/ Dawn	6:30-7:30 am FITMIX w/Rose	6:30-7:30 am Muscle UP w/ Dawn	6:30-7:30 am SWEAT360 w/Stacie	9:30-10:30 am Competition Prep Posing w/ Janelle
9:15-10 am CoreFusion w/Stacie	9:15-10 am Tabata Shred w/Dawn	9:15-10 am Booty Bootcamp w/Janelle	9:15-10 am BURN w/Stacie	9:15-10 am 5 Min Rounds w/Janelle	
	12:00-1:00 pm Lunch Lift w/Shannon			11:00-12:00 pm Mommy & Me w/ Janelle	
5:30-6:30 pm PM PUMP w/Stacie	5:30-6:30 pm PM PUMP w/Dawn	5:30-6:30 pm PM PUMP w/Stacie	5:30-6:30 pm PM PUMP w/Stacie	5:30-6:30 pm PM PUMP w/Stacie	
	6:45-7:30 pm Battle Rope Blend w/Kayla	6:45-7:30 pm Abs & A** w/Kayla			

****Full class descriptions on back***

www.bodyambition.com

206 S. Main Street (front center entrance) Middleton MA

Email: Info@bodyambition.com Ph: 978-304-1043

CLASS DESCRIPTIONS

Morning Grind & PM PUMP: Start your day with one of our trainers walking you through our “workout of the day” style workout which will focus on a few specific muscle groups per day, blended with light cardio to burn fat and tone!

Sweat Roulette: Determine your fate by spinning the wheel! Movements will include HIIT & Strength.

CoreFusion: A fast paced, high energy, full body workout designed to target your core and make you drip sweat!

100 GRAND: This class will challenge your muscles & mind! Break through physique plateaus with this method! If you give the 100s a try, it will stimulate new growth in your body. In addition, it will create a much greater mental toughness, which will then spill over into your other workouts!

Tabata Shred: Tabata intervals that challenge your conditioning and strength using a blend of functional movements with weights. You'll torch fat and tone in no time with this high energy class!

Lunch Lift: Full body lift to tone & tighten infused with HIIT to get your heartrate up!

Battle Rope Blend: A class designed to challenge & change you! Part HIIT & part muscle conditioning with Db's in a variety of timed formats weekly. Each set will incorporate a different battle rope move paired with a strength move. Limited to 8 people per class!

FITMIX: A blend of strength & HIIT to get your heart pumping and midweek energy going!

Booty Bootcamp: A blend of methods designed to lift & shape your booty!

Abs & A:** A class designed to get you that six pack and backside stacked! A workout that's guaranteed to have you burning for more and see those results you won't need a filter for!

Muscle UP: A strength class with a variety of reps & set formats to challenge you. This class will focus on upper body & core work to get your body sculpted to perfection!

BURN: An interval-timed, full body blast incorporating weights and HIIT designed to burn your booty, arms, core and more!

SWEAT360: A high-intensity, cardio-based, full body workout designed to tighten, tone and burn with just 3 pieces of equipment in 60 minutes

5 Min Rounds: This class will attack every muscle and is designed to drop body fat fast! Using a variety of equipment in a creative way we mix weights with conditioning to keep your heart rate pumping and energy high!

Mommy & Me: Strengthen your body & your bond with your baby! Best for children under crawling age. Email Janelle@bodyambition.com with questions.

SMACKDOWN: A 75 min class that isn't for the faint of heart! 20 mins of bodyweight Tabata followed by sled pulls, heavy ropes, KB's, MB's, and other strength & conditioning movements.