a&b FITNESS CONCEPTS

abfitnessconcepts.com
159 Stark St - Randolph
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April Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Boot Camp 5:45 - 6:30am	Group Cycling 5:00 - 5:45am	Boot Camp 5:45 - 6:30am	Group Cycling 5:00 - 5:45am	Boot Camp 5:45 - 6:30am
	Group Cycling 5:45 - 6:30am		Group Cycling 5:45 - 6:30am	
Senior Fitness 8:00 - 8:40am		Senior Fitness 8:00 - 8:40am		
30 Rounds 5:30 - 6:00pm	Youth Strength & Conditioning 3:45 - 4:45pm	30 Rounds 5:30-6:00pm	Fat Burn Circuits 5:30pm-6:00pm	
Tone 6:05 - 6:45pm	Sculpt & Flow 5:15 - 6:00pm	Boot Camp 6:05 - 6:50pm		
TRX 7:00 - 7:40pm				

30 Rounds
A 30 minute unique class that incorporates a combination of strength, kick boxing and cardio bringing your workouts to the next level. Individual and partner, work in this high intensity interval training will allow you to get your heart rate up and your tension out in a non competitive fun atmosphere for all Fitness Levels. Kettle Bells and TRX Suspension Training will also be used in this high intensity training.

Boot Camp
Challenge your strength and endurance while burning calories. Boot camp exercises are great for fat & weight loss, endurance and fitness. Also improve other areas including balance, stability, flexibility, agility and posture. Beginners to advanced.

Fat Burn Circuits
Burn extreme calories in just 30 minutes. Class will consist of strength, Cardio intervals, core work and more. A variety of equipment, TRX, kettle bells, Bosu and stability balls, stairs and more will make this workout fast and fun!

Group Cycling
Feel motivated by the energy of the class as you burn calories and build endurance. This class is an exciting, low impact option on a stationary bike, with a high level cardio workout.

Sculpt & Flow
A workout to develop long, lean muscles through graceful movements by combining Pilates & Yoga. This class will strengthen muscles all while exercising with a little cardio infused Barre exercise with attitude!

Senior Fitness
Improve strength, tone, flexibility, cardiovascular endurance, and range of motion with low impact exercises using a variety of chair based and standing movements.

Tone, Tighten & Strengthen
This multi-level class is for anyone who wants to develop muscular strength and endurance and increase lean mass. We'll tackle "basic" resistance training exercises using traditional, strategic principles. An easy to follow workout challenges every major muscle using a variety of equipment.

TRX
TRX delivers a fast, effective total-body work out that benefits people of all fitness levels. Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform exercises to increase muscular endurance, a solid core and overall muscle tone.

Youth Strength & Conditioning
Training provides an opportunity for youth to develop their overall self-confidence in sports, conditioning and fitness. Program focuses on improving flexibility, balance, coordination, speed, agility, and core strength. Your child does not have to be participating in Sports this is open to all Youth 5th-8th grade.