



**FITNESS CONCEPTS**

abfitnessconcepts.com  
159 Stark St - Randolph  
920-763-5695

**January Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boot Camp 4:45 - 5:30am	Group Cycling 5:00 - 5:35am	Boot Camp 4:45 - 5:30am	Group Cycling 5:55 - 6:30am	Boot Camp 4:45 - 5:30am	Group Cycling 6:00 - 6:35am
Boot Camp 5:45 - 6:30am	Group Cycling 5:55 - 6:30am	Boot Camp 5:45 - 6:30am		Boot Camp 5:45 - 6:30am	Zumba 7:15 - 8:00am
Prime Time 8:15 - 9:00am		Prime Time 8:15 - 9:00am		Prime Time 8:15 - 9:00am	
Tone 5:30 - 6:05pm	Sculpt & Flow 5:30 - 6:05pm	30 Rounds 5:30-6:05 pm	Tone 5:30 - 6:05pm		
		TRX - Circuit 6:15 - 7:00pm			
<b>No Tone on Thursday, Jan 26th, No Sculpt &amp; Flow on Tuesday, Jan 31</b>					

**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.

**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.

**Prime Time**

Prime Time is perfect for those looking for a low impact workout while improving strength, tone, flexibility, cardiovascular endurance, and range of motion. Working to increase your cardiovascular and muscular endurance with a variety of circuit workouts. Upper body strength work with hand-held weights, elastic tubing with handles, and TRX straps. A chair used for standing support, stretching, and relaxation exercises

**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!

**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.

**Zumba**

This class is an effective, exhilarating, Latin-inspired, easy-to-follow, calorie burning dance fitness party. It achieves the perfect balance of a progressive core workout, full-body cardio and strength training, its a fun stress reliever and energy producing fitness experience. As your instructor Nikki says "get ready to shake that booty."