

# IMPACT...Unmasked!



Are you looking to take the next step in your fitness routine? In need of new routines, fresh motivation, and new intensity this spring and summer? If so, Small Group Training at CAC is for you!



#### Metabolic Madness with Brandi

Hit the body with a healthy dose of high-intensity training incorporating short intervals with strategic recovery periods done pyramid-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

**Day:** Mondays, 9:30 – 10:30am



#### Metabolic Madness with Nikki 4 week series starts June 4th

Hit the body with a healthy dose of high-intensity training incorporating short intervals with strategic recovery periods done pyramid-style. Transform your

body with targeted movement complexes that are stacked together for an intense, challenging workout.

**Day:** Saturdays, 8–9am



#### Strength and Conditioning with Nikki

Break out of linear workouts with this fitness class that challenges you to move weight in all directions for a full 360 degrees of loaded movement. Push your performance in 3D -

the way your body was meant to move.

**Day:** Wednesdays, 9:45 – 10:45am



#### GRAVITY Blast with Erin

Get an effective and time-efficient workout using our GRAVITY GTS machines. Each week will be something challenging and new to the participants. The great news is it is only 30 minutes. But don't let the short

time frame fool you. These classes are high energy and still give you a full body workout. Space is limited to 4 participants.

**Day:** Thursdays, 9:30 – 10am



#### GRAVITY Full Body Blaster with Erin

In this hour we cover the entire body from head to toe. The great part of the GRAVITY program you are you are able to take it at your pace and work in a 3-D space (great way to build stability in the joints). You are

the guide on how hard you want to work. Space is limited to 4 participants.

**Day:** Saturdays, 10:15 – 11:15am

**Unless noted, all classes are \$20 and require 24 enrollment at the Front Desk or through the Member Self-Service portal. Grab your spot today!**