

# EARN & BURN SCHEDULE

## WEEK 1

### STEP AND GROOVE

3/17 | 7:00PM | 50 MIN  
ZAHARA / MOVEMENT ZONE

### IRON AND ICE

3/18 | 9:30AM | 50 MIN  
BEN / TRAINING ZONE

### TRX TAKEDOWN

3/21 | 6:30PM | 50 MIN  
SARAH / MOVEMENT ZONE

## WEEK 2

### PILATES

### POWERHOUSE

3/24 | 6:30PM | 50 MIN  
BRITT / MOVEMENT ZONE

### ROLL WITH IT

3/26 | 9:15AM | 50 MIN  
SAM & ZAHARA /  
MOVEMENT ZONE

## WEEK 3

### STEP AND GROOVE

3/30 | 10:30AM | 50 MIN  
ZAHARA / MOVEMENT ZONE

### LUNCH AND LEARN

4/2 | 12:30PM | 60 MIN  
DAWN / COMMUNITY ROOM

### DIRTY 30

4/5 | 12:00PM | 30 MIN  
DAWN / TRAINING ZONE

## WEEK 4

### MIX AND SAVOR

4/7 | 9:00AM | 60 MIN  
DAWN / COMMUNITY ROOM

### BELLS OF FURY

4/8 | 9:15AM | 50 MIN  
SAM / TRAINING ZONE

### BUMPIN' BOOTCAMP

4/10 | 6:30PM | 50 MIN  
STEPH / TRAINING ZONE

## WEEK 5

### TWIST AND TASTE

4/14 | 7:00PM | 60 MIN  
BRITT & STEPH /  
COMMUNITY ROOM

### TRX TAKEDOWN

4/18 | 8:30AM | 50 MIN  
SARAH / MOVEMENT ZONE

### PEDAL AND PUMP

4/17 | 10:15AM | 50 MIN  
BRITT / CYCLE STUDIO

## WEEK 6

### ROLL WITH IT

4/21 | 7:00PM | 50 MIN  
SAM & ZAHARA /  
MOVEMENT ZONE

### PILATES POWERHOUSE

4/24 | 9:00AM | 50 MIN  
BRITT / MOVEMENT ZONE

## WEEK 7

### BUMPIN' BOOTCAMP

4/29 | 9:15AM | 50 MIN  
STEPH / TRAINING ZONE

### PEDAL AND PUMP

4/30 | 7:30PM | 50 MIN  
BRITT / CYCLE STUDIO

### IRON AND ICE

5/3 | 3:00PM | 50 MIN  
BEN / TRAINING ZONE

## WEEK 8

### DIRTY 30

5/6 | 9:15AM | 30 MIN  
DAWN / TRAINING ZONE

### BELLS OF FURY

5/9 | 6:30PM | 50 MIN  
SAM / TRAINING ZONE

## ALL SPORT CHALLENGE

### EARN & BURN EXCLUSIVE WORKSHOPS & GROUP EXERCISE CLASSES

- Exclusive to Earn & Burn Challengers
- Class spots open to the waitlist 5 minutes prior to class
- Classes with 0 enrollment will be canceled
- Suggested to arrive 10 minutes prior to the start of class
- Class times and instructors are subject to change
- Registration begins March 17th when the challenge goes live
- Register via the All Sport app or via the Front Desk

REGISTRATION REQUIRED for all classes

**ALLSPORT  
CHALLENGE**

**EARN &  BURN**

** CLASSES  
-AND-  
WORKSHOPS**



## **ICE AND IRON WITH BEN**

"Ice & Iron" is a dynamic dumbbell strength class designed to challenge your muscles and push your limits. In this high-energy session, you'll cycle through powerful strength-building exercises, utilizing dumbbells to target all major muscle groups. With each rep, you'll feel the intensity as you work to increase both your strength and endurance. Perfect for all fitness levels, Iron will leave you feeling empowered, stronger, and ready to conquer whatever comes your way!

## **BUMPIN' BOOTCAMP WITH STEPH**

"Bumpin' Bootcamp" is an energetic and fun fusion of strength training and dance that will get you moving, grooving, and building muscle all at once! This bootcamp class combines heart-pumping bodyweight routines with strength-focused exercises, giving you the best of both worlds. Whether you're a dancer or just looking for a fun, full-body workout, this class is designed to leave you sweaty, strong, and ready to bust a move!





## **DIRTY 30** **WITH DAWN**

"Dirty 30" is a fast-paced, high-intensity circuit-style workout designed to push your limits in just 30 minutes. This full-body session combines strength, cardio, and explosive movements to maximize calorie burn and build muscle. Whether you're looking to tone, build endurance, or increase overall fitness, Dirty 30 packs a powerful punch in half the time. Get ready to sweat, work hard, and crush your goals in this no-nonsense, results-driven class!

## **PEDAL AND PUMP** **WITH BRITT**

Pedal and Pump is a full-body workout that combines the best of cycling and strength training. This class combines a cycling session to build cardiovascular endurance and tone your lower body with weight-based exercises to sculpt and strengthen your upper body and core. Whether you're looking to boost your stamina, tone your muscles, or challenge yourself in new ways, Pedal and Pump offers a balanced workout that will leave you feeling strong and energized!



## **BELLS OF FURY** **WITH SAM**

"Bells of Fury" is a fun kettlebell class designed to build strength, power, and endurance through explosive, full-body movements. Using kettlebells, you'll perform a series of dynamic exercises that target multiple muscle groups, improving both your strength and cardiovascular fitness. Whether you're a beginner or an experienced lifter, Bells of Fury will help you develop a solid foundation, increase functional strength, and push your limits in every session.

**ALLSPORT**  
**CHALLENGE**



# STEP AND GROOVE WITH ZAHARA

Get ready to step up your fitness game with Step & Groove, a dance cardio class that blends classic step aerobics with exciting dance moves! In this full-body workout, you'll groove to upbeat music while stepping your way through a series of easy-to-follow routines designed to burn calories, boost endurance, and lift your spirits. Step, groove, and get fit in a way that's as fun as it is effective!

# TRX TAKEDOWN WITH SARAH

TRX Takedown is a total-body workout that uses the power of suspension training to build strength, stability, and mobility. In this class, you'll harness the TRX straps to perform a variety of bodyweight exercises that challenge your muscles from every angle. The focus is on functional movements that improve core strength, flexibility, and endurance, while also enhancing balance and coordination.



# PILATES POWERHOUSE WITH BRITT

Unlock your inner strength with Pilates Powerhouse, a dynamic Mat Pilates class designed to tone, lengthen, and strengthen your entire body. Using just your body weight and a mat, you'll flow through a series of controlled movements that focus on core stability, flexibility, and overall muscle endurance. With each breath and movement, you'll build a solid foundation of strength while improving posture, balance, and flexibility.



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# ROLL WITH IT

## WITH SAM AND ZAHARA

Release tension and increase flexibility in Roll with It, a rejuvenating foam rolling mobility class designed to enhance your recovery and improve overall movement. In this relaxing yet effective session, you'll use foam rollers to target tight muscles, improve circulation, and release built-up tension. Perfect for athletes and anyone looking to recover faster, Roll with It helps you move more freely and feel your best, one roll at a time!



# MIX AND SAVOR

## WITH DAWN

Step into a world of wholesome delights at Mix and Savor: Your morning rendezvous with nutritious, no-bake creations! Have some fun with fellow challengers for a hands-on cooking class where we blend, mix, and create delicious treats without ever needing an oven. In this cozy setting, you'll learn the art of creating nutrient-packed, no-bake recipes that are both easy to grab in the a.m. and oh-so-satisfying.



# TWIST AND TASTE

## WITH BRITT AND STEPH

Join us for an evening of culinary exploration at Twist & Taste: Where we dive into the world of nutritious, no-bake creations after sundown! In this hands-on cooking class, you'll discover the art of creating delicious and healthful treats without the need for an oven. Learn some easy snacks to satisfy your late-night cravings without derailing your diet, together we'll whip up a variety of snacks that are both satisfying and nutritious!



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# LUNCH AND LEARN: THE IMPORTANCE OF STRENGTH TRAINING FOR HEALTH AND WELLNESS

**WITH DAWN**

Join us for an engaging and informative session on the benefits of strength training. Whether you're a seasoned athlete or just starting to explore fitness, this Lunch & Learn will provide you with essential insights on how strength training can improve your overall health and well-being.

During this session, we'll cover:

- **The Science Behind Strength Training:** Understand how building muscle enhances metabolism, boosts bone density, and supports joint health.
- **Mental Health Benefits:** Learn how strength training can reduce stress, improve mood, and combat symptoms of anxiety and depression.
- **Injury Prevention:** Discover how strength training helps protect against common injuries and enhances overall mobility and flexibility.
- **Tailoring Your Routine:** Get tips on how to create a personalized plan that aligns with your fitness goals utilizing our group exercise schedule and fitness rooms.
- **Practical Advice:** Real-life tips and tricks to incorporate strength training into your busy schedule, making it accessible to all fitness levels.

Enjoy lunch while gaining valuable knowledge that will empower you to build strength, confidence, and a healthier lifestyle. Don't miss out—your body will thank you!

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CHALLENGE**