

January Virtual Classes

Exercise at your own risk,
modify as needed.

Monday	Tuesday	Wednesday	Thursday	Friday
Missy Recharge 6:45am-7:15am				
Sarah Strength and Roll 11:30am-12:00pm	Missy Recharge 11:30am – 12:00pm	Mike Bootcamp 11:30am-12:00pm	Sarah O.M.G. (Oh My Glutes) 11:30am – 12:00pm	Kyle Turbo Tabata 11:30am – 12:00pm
Jen Bootcamp 12:30pm – 1:00pm	Garrett HIIT 12:30pm – 1:00pm			Alicia Dance Fitness 12:30pm – 1:00pm

To Register For A Virtual Class,
Email CrownCenterFitness@Teamcfw.com



Class Descriptions

Boot Camp: Join us for a combination of interval style cardiovascular routines and weight training exercises. This class will help to burn calories and strengthen the major muscle groups of the body. Various equipment will be utilized for this class.

Recharge: Grab a mat for this class and experience a flow of fluent stretching techniques to improve your flexibility, mobility, and strength.

Strength and Foam Roll: Don't miss this chance for a quick all-in-one workout session with a combination of strength training, core work, and foam rolling in one 30-minute class! Unwind with foam rolling that will release tightness in muscles and prep them to be even stronger for your next workout. Dumbbells, Bands and Foam Rollers needed!

Turbo Tabata: Tabata kicked up a notch! Instructors choice. May include plyometric drills, kickboxing, interval cardio, or strength; so have dumbbells on hand.

PiYO: Grab your yoga mat for a class designed to build strength and gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make your sweat. It's about energy, power and rhythm. Think increased overall core strength, and greater stability.

Dance Fitness: Calling everyone who likes to have fun and sweat!! This class is sure to keep your heart rate pumping and your feet moving. Format will contain a variety of moves from Pop to Hip Hop. Lace up those dancin' shoes and we'll meet you there! No equipment needed!

HIIT: Maximize your calorie burn with a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines body weight strength training with high intensity cardio bursts designed to tone your body and improve your endurance! No equipment needed!

O.M.G. (Oh My Glutes): Push your gluteus to the max! This class offers a variety of exercises to tone the entire lower body by utilizing body weight exercise, dumbbells and bands!

Never done this before? Not to worry! Our instructors make it a great workout for everyone!

To join a class, click the link '[Click here to attend](#)' at the time of the class.

From beginners to advanced, all levels of fitness are welcome!

Corporate Fitness Works strongly recommends consulting with your physician before beginning any exercise program.

If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.

Signature Sessions that highlight modifications and additional class formats can be found anytime on our Vimeo App.

