

September Onsite Classes

Exercise at your own risk,
modify as needed.

Monday	Tuesday	Wednesday	Thursday	Friday
	Missy Recharge 11:30am – 12:00pm			Missy Recharge 11:30am – 12:00pm
OUTDOOR CLASS Sonya Yoga 12:15pm – 1:00pm	Missy Tone Zone 12:00pm – 12:30pm	Kyle Ab Lab 12:00pm- 12:15pm	OUTDOOR CLASS Kyle Bootcamp 12:00pm – 12:30pm	
Kyle Strength and Core 5:00pm – 5:30pm				

*Class size is limited on a first come, first serve basis. Sign in for class is by the door.



September Virtual Classes

Exercise at your own risk,
modify as needed.

Monday	Tuesday	Wednesday	Thursday	Friday
Garrett HIIT 11:30am-12:00pm Join Zoom Meeting	Missy Recharge 11:30am – 12:00pm Join Zoom Meeting	Mike Bootcamp 11:30am-12:00pm Join Zoom Meeting	Braden Tone Zone 11:30am – 12:00pm Join Zoom Meeting	
Kyle Strength and Core 5:00pm – 5:30pm Join Zoom Meeting				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 Core: Don't miss this chance for a quick all-in-one workout session with a combination of strength training and core work in one 30-minute class! Dumbbells needed!

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

Tone Zone: A total body strength conditioning class designed to improve muscle tone in all areas of the body. This class will concentrate on isolation of major muscle groups by using dumbbells, Kettlebells, bands and body weight movements.

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!

Ab Lab: It's crunch time! Are your abdominal muscles asking for a challenge? Attend this 15-minute class and experience total abdominal and core strengthening exercises to help tone and define your mid-section

Yoga: All fitness levels are welcome to experience this class of fluent stretching techniques to improve your flexibility and strength.

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

To join a virtual 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.

