

# ICONFIT

Class Schedule | March 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Studio 1</b>	<b>Studio 1</b>	<b>Studio 1</b>	<b>Studio 1</b>	<b>Studio 1</b>	<b>Studio 1</b>	<b>Studio 1</b>
<p><b>6:30pm-7:15pm</b> Shredded - Natia</p> <p><b>7:45pm-8:55pm</b> Kung Fu - Larry</p>	<p><b>7am - 7:45 am</b> Melt - Iku</p> <p><b>6:30pm-7:30pm</b> ***Kickboxing - Steven</p>	<p><b>6:30pm-7:15pm</b> Shredded - Natia</p> <p><b>7:45pm-8:55pm</b> Kung Fu - Larry</p>	<p><b>7am - 7:45 am</b> Melt - Iku</p> <p><b>8am-8:50am</b> Cardio Dance - Lauren</p> <p><b>6:30pm-7:30pm</b> ***Boxing - Steven</p>	<p><b>7am - 7:45 am</b> Melt - Iku</p> <p><b>5:30pm-6:30pm</b> ***Kickboxing - Steven</p> <p><b>7:45pm-8:55pm</b> Kung Fu - Larry</p>	<p><b>8:30am-9:15am</b> Melt - Iku</p> <p><b>9:20am-10:15am</b> Cardio Dance - Iku</p> <p><b>10:30am-11:30am</b> ***Boxing- Jill M</p>	<p><b>10:30am -11:20am</b> ***Boxing - Steven</p>
<b>Studio 2</b>	<b>Studio 2</b>	<b>Studio 2</b>	<b>Studio 2</b>	<b>Studio 2</b>	<b>Studio 2</b>	<b>Studio 2</b>
<p><b>12pm-1pm</b> Cardio Barre – Renay</p> <p><b>6:30pm-7:30pm</b> YogaFlow - Bre</p>	<p><b>8am-9am</b> Mat Pilates - Iku</p> <p><b>12pm-1pm</b> Power Hour Yoga - Bre</p> <p><b>6:15pm - 7pm</b> Cycle - TC</p>	<p><b>12pm-1pm</b> Cardio Barre – Renay</p> <p><b>6:30pm-7:30pm</b> YogaFlow - Belinda</p>	<p><b>12:30-1:30pm</b> Cardio Sculpt - Vicky</p> <p><b>5:30pm-6:30pm</b> Yin Yang Flow – Bre</p>	<p><b>8am-9am</b> Mat Pilates - Iku</p> <p><b>6:15pm-7:30pm</b> Yoga -Belinda</p>	<p><b>10:30-11:30am</b> Cycle + Abs - TC</p> <p><b>12pm-1:30pm</b> Yoga - Belinda</p> <p>***Boxing Gloves Required</p>	<p><b>10am - 11:30pm</b> Yin Yoga - Rob</p>

# ICONFIT

## Group Training @ IconFit

**Melt:** A high-intensity, full body weight training and cardio class that will not only help you build stronger muscles & joints but will keep your heart rate up!

**Shredded:** This class will take you to the edge of exhaustion & keep you there for the duration. Mix of HIIT, Tabata, Strength Training to get you shredded.

**Cardio Dance:** A fun dance cardio workout! Adrenaline based beats to get your groove on while toning and sculpting your body.

**Cardio Barre:** Body sculpting and barre work with cardio bursts that will rev up your metabolism and get you long and lean.

**Cardio Sculpt:** High energy, low impact rhythmic workout. High reps, light weights and bands will sculpt and tone your full body!

## Fight Training @ IconFit

**Boxing:** A workout that is both cardiovascular and addictive. You'll go through a professional fighter's routine that will involve bag work, shadow boxing, lower and upper body conditioning, ab work and flexibility training.

**Kickboxing:** Similar to boxing class but includes more of the lower body by using kicks - a high calorie burning, stress releasing workout.

**Kung Fu:** A practical self-defense system. This class will teach you the technique of this ancient martial art and in addition, you'll build confidence, increase your cardio, and sharpen your focus. Join in for an upbeat, fun, and friendly way to learn martial arts.

## Yoga + Pilates @ IconFit

**Yoga:** A challenging workout using static and fluid postures. Increases your flexibility and maintains the range of motion in your joints. Creates a stronger body while releasing stress and fatigue. All levels are welcome.

**Yoga Flow:** All of the above and then some! This workout incorporates fluidity of movement between poses, which makes for a more challenging experience. All poses can be modified.....so all levels are welcome!

**Yin Yoga:** A slower-paced, more meditative version of yoga. Poses are held for a longer period to target the connective tissue.

**Yin/Yang Yoga:** Blend of energizing (yang) and restorative (yin) yoga. Expect some challenging postures and flow, but also some more soothing sequences to help wind you down from your day. Perfect for those who want to connect to elements of both strength and stretch!

**Power Hour Yoga:** Mid-day pick me up! Step into your strength & flexibility for a challenging but accessible practice that helps you connect to your breath & your body. You'll leave this class feeling energized to take on the rest of your day!

**Mat Pilates:** An exercise technique that began as a safe way to rehabilitate injuries has evolved into a workout discipline to strengthen "the center" of the body. Slow, progressive exercises work to lengthen and strengthen while increasing flexibility. All levels welcome.

## Cycle @ IconFit

**Cycle:** An intense 45-minute cardio workout on a stationary bike, based on cycling principles. Classes emphasize technique with a focus on cadence, heart-rate zones, climbs and sprints that are fun, challenging and designed to leave you drenched with sweat!

## Class Policies

For your safety & In consideration of others: 1. Please mention any physical limitations to the instructor prior to the start of class. 2. Class is closed 10 minutes after the start time. 3. When entering a class late, please begin in the back of class. 4. If you will be modifying choreography, please do so away from the front of the class. 5. If you will be leaving class early, please exit as quietly as possible. 6. Street shoes are not permitted on the studio floor. Athletic shoes only. 7. Please respect classes in progress, keep voices down inside & outside the classroom door. 8. If you must bring a cell phone, please silence the ringer. Comments and questions: [info@iconfit.com](mailto:info@iconfit.com)