

# CLASSES 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30AM	<b>Bootcamp</b> Gina				
9:30AM					
12PM	<b>Buns and Guns</b> Gina			<b>Cardio Kickboxing</b> Jair	
5:30PM			<b>Full Body Workout</b> Vincine		
6:30PM					



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**\*\*New group schedule with more FREE classes  
 (with membership) launching in January!**

## CLASS DESCRIPTIONS

**Bootcamp** - This class is designed for you to get MAXIMUM calorie burn in the shortest amount of time. Bootcamp is a combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. We want to get you fit, get you healthy, challenge your mind, challenge your body, and most importantly make fitness fun!

**Buns & Guns** - Let's work those buns & guns! This class will feature glute and arm exercises that will alternately target each area while avoiding over-fatiguing one region, so you will be able to get an efficient and effective workout!

**Cardio Kickboxing** - This class combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

**Full Body Workout** - Total body conditioning class that is designed to help you burn stubborn body fat, get stronger, build lean muscle mass and improve your level of fitness

**Core Camp** - This class will help to improve your posture and build core muscle groups through a variety of exercises designed to strengthen your abdomen and back muscles while increasing your flexibility.