

# CLASS SCHEDULE

updated 1/11/19



For More Details or Enrollment  
Contact Member Services

## TRAIN

Empowers your strength, power, endurance in a circuit environment. This carefully crafted combination of boxing bag structured blocks mixed with resistance, suspension training, rowing and biking pushes you to your limits. The workout changes weekly, providing you with new challenges and goals.

## BOXING BAG

Series offers a boot camp style experience that works the body while cleansing the mind and soul of stress and tension. All classes include non-stop cardio fitness, musical excitement, core work, and full-body exercises. This is not an old-school boxing class; it's about challenging yourself while executing with style!

## KICK & HIIT

In this high-energy, Muay Thai Style, Kickbox training workout, your coach will lead you through a results-driven workload followed by periods of recovery. Kick & HIIT incorporates longer, Mixed Martial Arts inspired rounds that include technical heavy bag work (using punches, kicks, elbows and knees). The workout also provides lower-intensity active rest periods and high-intensity, anaerobic bursts of heavy bag work. Each class is also prefaced with activation movements in addition to a cardiovascular warm-up. Every motivating session incorporates overload principles to enhance the development of lean muscle mass to get you leaner quicker while building overall power and core strength. Each workout will conclude with a stretch component to further enhance range of motion and focus on injury prevention. This class has been carefully crafted so that beginners can slowly get acclimated, while advanced participants can maximize their output in an environment that fosters the right levels of proficiency and growth.

## MONDAY

5:30am - 6:30am Train  
9:30am - 10:30am Train  
5:30pm - 6:30pm Train

## TUESDAY

9:30pm - 10:30am Kick & HIIT  
5:30pm - 6:30pm Kick & HIIT

## WEDNESDAY

5:30am - 6:30am Boxing Bag  
9:30am - 10:30am Boxing Bag  
5:30pm - 6:30pm Boxing Bag

## THURSDAY

9:30am - 10:30am Train  
5:30pm - 6:30pm Train

## FRIDAY

5:30am - 6:30am Kick & HIIT  
9:30am - 10:30am Kick & HIIT

## SATURDAY

9:30am - 10:30am Train



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