



FITNESS ON DEMAND SCHEDULE

May 1 – August 31

NORTHLANDCENTERMN.COM

	11:30 am	12:40 pm
Monday	<p>AFTERBURN (56 MIN)</p> <p>AfterBurn. The name alone says it all—so get ready to turn up the heat and send your metabolism into overdrive! You'll use your own body weight plus dumbbells for metabolic intervals alternating with low-impact, high-intensity cardio for the ultimate fat burning workout.</p>	<p>RIP 29 (32 MIN)</p> <p>Get functionally strong as a result of this express version of RIP, the fastest growing, license-free, customizable barbell strength format. Learn how to be efficient and effective in delivering great music, motivating exercises and amazing results as the prime movers are pushed to their limits in 30</p>
Tuesday	<p>WAR 18 (56 min)</p> <p>WAR is an exhilarating total body workout where a fusion of martial arts meets chart-topping music. Learn how to punch effectively, kick safely, and perform hooks and uppercuts like the pros.</p>	<p>REVOLUTION 29 (29 MIN)</p> <p>Short on time doesn't mean short on results. Saddle up for an efficient high intensity interval training (HIIT) cycling experience that strengthens your legs, improves heart and lung function, and increases your determination to be fit for life. 30 minutes is all your need. Join the Revolution!</p>
Wednesday	<p>TRANSFORM 11 (56 min)</p> <p>TRANSFORM by Group Rx unites yoga and sport like never before. Prepare for a unique mind/body experience featuring traditional yoga poses, such as warrior, and sport-influenced movement including plyometrics, and</p>	<p>BOOT 20 (32 min)</p> <p>BOOT is a fusion of cardio, strength, balance and flexibility. Featuring exercises that work the entire body. Discover how to effectively teach a boot camp class in the gym, outdoor or home environment.</p>
Thursday	<p>RIP 29 (54 MIN)</p> <p>RIP is a barbell workout that incorporates functional orthopedic strength training. Every movement plane is attacked using weights and body weight. Featuring safe and motivating exercises, and great music to create a thrilling group fitness atmosphere.</p>	<p>TRANSFORM 11 (34 MIN)</p> <p>TRANSFORM by Group Rx unites yoga and sport like never before. Prepare for a unique mind/body experience featuring traditional yoga poses, such as warrior, and sport-influenced movement including plyometrics, and strength.</p>
Friday	<p>POWERSTEP 20 (57 MIN)</p> <p>POWER STEP features functional athletic training and incorporates a platform for cardio, power, strength, balance, and agility training. The athletic choreography will have an immediate impact that will ignite your passion for teaching. step you take.</p>	<p>AXIS 6 (28 MIN)</p> <p>Axis is a 30-minute focus on your foundation - the core. Create stability from the AXIS, the middle of your body, the basis of all movement, then layer on mobility, strength and power.</p>

