



# Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6 am	<b>Boot Camp</b> Location: Copper Ridge (Jess)	<b>Fitness Challenge</b> Location: Centre Ice (Jess)	<b>Boot Camp</b> Location: Copper Ridge (Jess)	<b>Fitness Challenge</b> Location: Centre Ice (Jess)	<b>Fitness Challenge</b> Location: Centre Ice (Jess)
7 - 9 am					
9:30am	<b>Gentle Joints Fitness</b> Location: Centre Ice (Eric)	<b>Gentle Joints Fitness</b> Location: Centre Ice (Jess)		<b>Gentle Joints Fitness</b> Location: Centre Ice (Jess)	<b>Gentle Joints Fitness</b> Location: Centre Ice (Jess)
10:30 - 4 pm					
5:00 pm	<b>TRX Suspension Training</b> Location: Centre Ice (Eric)		<b>TRX Suspension Training</b> Location: Centre Ice (Eric)		
5:30 pm		<b>Fitness Challenge</b> Location: Centre Ice (Eric)		<b>Fitness Challenge</b> Location: Centre Ice (Eric)	

## Boot Camp

**Location:** Copper Ridge, Traverse City

**Instructor:** Jessica Blazok, ATC

This fast paced style workout which challenges your body.  
Each class provides a total body workout.

## Fitness Challenge

**Location:** Centre Ice, Traverse City

**Instructor:** Eric Shutler, CPT & Jessica Blazok, ATC

Motivating circuit training workout which develops strength and cardio endurance simultaneously.  
Incorporates weights, ropes, bands, TRX and much more!

## TRX Suspension Training

**Location:** Centre Ice, Traverse City

**Instructor:** Eric Shutler, CPT

Exercises are done using your own body weight at different angles to create varied resistances. You will safely perform many exercises to build flexibility, balance and core strength.

## Gentle Joints Fitness

**Location:** Centre Ice, Traverse City

**Instructor:** Eric Shutler, CPT & Jessica Blazok, ATC

Low-impact class. Focusing on functional 3 dimensional training for strength, cardio endurance, balance and coordination.