



Group Exercise Calendar ♦ September 2021

	Monday	Time
	BodyPump/Julianne	8:30-9:30AM
	Sprint/Marianne	9:40-10:10AM
	Zumba/Tara	9:45-10:45AM
 	Power Vinyasa Yoga /Nona	11:30AM-12:30PM
 	Senior Fitness/Audrey	1:00-1:45PM
	Sprint/Marianne	5:30-6:00PM
	Zumba/Jannilet & Briana	6:30-7:30PM

	Tuesday	Time
	Sprint/Holly R.	5:30-6:00AM
 	BodyFlow in Burn Studio/Julianne	8:30-9:30AM
	Pilates/Audrey	8:30-9:30AM
	Spinning/Traci	9:30-10:30AM
	BodyCombat/Julianne	9:45-10:45AM
 	Senior Fitness/Audrey	11:00-11:45AM
	BodyPump/Holly R.	12:00-1:00PM
	BodyPump/Mary Beth	5:30-6:30PM
	Sprint/Jaden	5:30-6:00PM

	Wednesday	Time
	BodyPump/Holly R.	8:30-9:30AM
	Spinning/Holly R.	9:35-10:20AM
	Zumba/Anaisa	9:45-10:45AM
 	Senior Fitness/Audrey	11:15AM-12:15PM
 	Gentile Yoga/Nona	12:30-1:30PM
	BodyCombat/ Julianne	5:30-6:25PM
	Zumba/Briana & Jannilet	6:30-7:30PM

	Thursday	Time
	Sprint/Holly R.	5:30-6:00AM
	Zumba/Kelly	8:30-9:25AM
	Pilates/Audrey	9:45-10:45AM
 	Senior Fitness/Audrey	11-11:45AM
	Tai Chi/Jeanne	1:00-2:00PM
	Body Pump/Jaden	5:30-6:30PM

	Friday	Time
 	BodyPump/Julianne	8:30-9:30AM
	Spinning/Audrey	9:30-10:15AM
	Zumba/Jenn	9:45-10:45AM
 	Restorative Yoga/Nona (Bring bolster or pillow)	11:30AM-12:30PM
	STRENGTH	
	FACEBOOK LIVE Classes in Group-X Studio	
	Classes offered on zoom and in-person at the gym. Your choice!	MIND/BODY

	Saturday	Time
	STEP/Holly P.	8:15-9:15AM
	BodyPump/Jaden /Mary Beth	9:30-10:30AM
	Sprint /Marianne	9:30-10:00AM
Sunday		
	Spinning/Krista	9:00-10:00AM
	BodyCombat/Mike	9:00-10:00AM
	BodyPump/Jaden /Mary Beth	10:10-11:10AM
 	Slow Flow Yoga /Nona	11:30AM-12:30PM

9/11 Memorial Stair Climb

In honor of those who lost their lives on 9/11/2001, and in continued honor of our first responders and military, we will be offering a 9/11 Memorial Stair Climb at POWERHOUSE GYM. We welcome Firefighters, Police, and Military and our members to take the challenge and walk the 2071 steps. The list of names of our fallen heroes will line the stairwell at Powerhouse Gym. This powerful event will reconnect you to the kindness, strength and bravery exhibited on that dark day. Together we vow to Never Forget. Join the 9/11 Memorial Stair Climb on Saturday, 9/11/2021 at POWERHOUSE GYM. The gym will be open from 7:00AM – 6:00PM.

Turn over for Power Team Training calendar!!!

3216 SE Federal Highway Stuart, FL 34997 (772) 221-2121

Website: www.powerhousegym.com/stuart Email: contactpowerhousegymstuart@gmail.com

Platinum Power Team Training

September 2021

Monday		Tuesday	
Bootcamp/Stephanie	5:15-6:00AM	Bootcamp/Olivia	8:30-9:15AM
Row30/Corey	8:00-8:30AM		
Bootcamp/Melissa	8:30-9:15AM		
Bootcamp/Olivia	5:30-6:15PM		
Boxing Fitness/Chad	6:30-7:30PM		
Wednesday		Thursday	
Bootcamp/Stephanie	5:15-6:00AM	Bootcamp/Stephanie	8:30-9:15AM
Row30/Corey	8:00-8:30AM		
Bootcamp/Stephanie	8:30-9:15AM		
Bootcamp/Olivia	5:30-6:15PM		
Boxing Fitness/Chad	6:30PM-7:30PM		
Friday		Saturday	
Bootcamp/Stephanie	5:15-6:00AM	Bootcamp/Mike	9:00-9:45AM
Row30/Corey	8:00-8:30AM		
Bootcamp/Stephanie	8:30-9:15AM		
Boxing Fitness/Chad	6:30PM-7:30PM		

Saturday, September 11th the BOOTCAMP class will do the **9/11 Memorial Stair Climb!**

Platinum Power Team Training

is a group personal training session where workouts are uniquely programmed for each class. Participants are coached through a challenging workout with supervision and guidance provided by certified personal trainers. All sessions are included unlimited with the Platinum membership or may be purchased as individual sessions. You may upgrade at any time. All Powerhouse Gym Stuart members are welcome to try two sessions for free. **Sign-up at the front desk.**

Class Descriptions

BOOTCAMP combines strength and cardio exercises for a full-body burn. They get your heart pumping, make you sweat, and challenge your muscles. Each class is totally different, to keep your muscles guessing. Our BOOTCAMP sessions are interval trainings with bursts of intense activity alternated with intervals of lighter activity. The goal of BOOTCAMP is to provide a whole-body workout that builds strength, endurance and gets your body in shape FAST! 🙌🔥

ROW30 is for the elite athlete to the exercise newbie. This 30-minute fast-paced and fun class will work your entire body. This class improves cardio, sculpts muscle and is one of the most effective calorie-burners out there. With high-intensity speed intervals and challenging drills, this heart-pumping, sweat-drenched, intense non-impact workout will have you feeling and seeing a difference in your legs, core, back & more! 🙌🔥

BOXING FITNESS class starts with a brief cardio workout to get the heart rate up, followed by strength training and shadowboxing. Then the fun starts. The class rotates through kicking, boxing, and ground drills designed to simulate the short, intense rounds of an MMA match. Borrowing techniques from a variety of martial arts, these workouts will help you develop real-world techniques while getting a killer workout! 🙌🔥

Gym Hours: Mon-Thurs 5:00AM-10:00PM Friday 5:00 AM-8:00 PM
Saturday 7:00 AM-6:00 PM Sunday 7:00 AM - 5:00 PM

Kids' Club MORNING Hours: Monday - Sunday 8:00am-1:00pm

Kids' Club EVENING Hours: Monday - Thursday 4:00pm - 8:00pm, Friday 4:00pm-6:30pm