



K9 STRONG Event
 May 7th at
 Powerhouse Gym



Group Exercise Calendar ♦ May 2022

	Monday	Time
	BodyPump/Julianne	8:30-9:30AM
	Sprint/Marianne	9:40-10:10AM
	Zumba/Tara	9:45-10:45AM
	Gentle Yoga /Nona	11:30AM-12:45PM
	Pilates in the Burn Studio/Audrey	11:45AM-12:45PM
	Senior Fitness/Audrey	1:00-2:00PM
	Sprint/Marianne	5:30-6:00PM
	Zumba/Jannilet & Briana	6:30-7:30PM

	Wednesday	Time
	BodyPump/Mike	8:30-9:30AM
	Spinning/Audrey	8:30-9:15AM
	Zumba/Tara	9:45-10:45AM
	Restorative Yoga/Nona (Bring bolster or pillow)	11:30-12:45PM
	Pilates in the Burn Studio/Audrey	11:45AM-12:45PM
	Senior Fitness/Audrey	1:00PM-2:00PM
	BodyCombat/ Julianne	5:30-6:25PM
	Sprint/Jaden	5:30-6:00PM
	Zumba/Briana & Jannilet	6:30-7:30PM

	Friday	Time
	BodyPump/Julianne	8:30-9:30AM
	Spinning/Audrey	9:30-10:15AM
	Zumba/Jenn	9:45-10:45AM
	Power Vinyasa Yoga /Nona	11:30AM-12:45PM
	Senior Fitness/Audrey	1:00PM-2:00PM

STRENGTH **CARDIO** **MIND/BODY**
INDOOR CYCLE CLASSES
Classes offered on zoom and in-person at the gym. Your choice!

	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/Julianne	12:00-1:00PM
	Starter Senior Fitness in Burn Studio/Audrey	12:00-12:50PM
	BodyPump/Mary Beth	5:30-6:30PM
	Spin Happy Hour/Jannilet	6:30-7:15PM

	Thursday	Time
	Sprint/Holly R.	5:30-6:00AM
	Zumba/Kelly	8:30-9:30AM
	Pilates/Audrey	9:45-10:45AM
	Senior Fitness/Audrey	11-11:45AM
	BodyPump/Julianne	12:00-1:00PM
	Tai Chi/Jeanne	1:00-2:00PM
	Body Pump/Jaden	5:30-6:30PM

	Saturday	Time
	STEP Interval/Holly P.	8:15-9:15AM
	Sprint /Marianne	9:00-9:30AM
	BodyPump/Jaden /Mary Beth	9:35-10:35AM

Sunday		
	Spinning/Sarah	9:00-10:00AM
	BodyCombat/Mike	9:00-10:00AM
	BodyPump/Jaden /Mary Beth	10:10-11:10AM
	Slow Flow Yoga /Nona	11:30AM-12:45PM

SUNDAY YOGA AT HOME

Sunday, May 22nd

TRY YOGA AT HOME Nona pre-recorded the class so everyone can enjoy it at home. We will NOT have our regular live class on this Sunday May 22nd in the gym. Please give your email to the front desk and we will send you the link to the class.

♥♥ To all our
 Diaper-Changing,
 Soccer Van Driving,
 Nine to Fiv-ing,
 Homework-Helping,
 Dinner-Making,
 POWERHOUSE Moms.

**Happy
 Mother's
 Day!!**



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

May 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15AM	BOOTCAMP Stephanie		BOOTCAMP Stephanie		BOOTCAMP Stephanie		
8:30AM	BOOTCAMP Mike	BOOTCAMP Tre	BOOTCAMP Stephanie	BOOTCAMP Stephanie	BOOTCAMP Stephanie		
9:00AM						BOOTCAMP Mike	
9:30AM	ROW BOOTCAMP Steffanie		BOOTCAMP Stephanie	BOOTCAMP Tre	BOOTCAMP Tre		
10:15AM							MMA FITNESS Jerry
5:30PM	BOOTCAMP Tara		BOOTCAMP Nick				
6:30PM	MMA FITNESS Jerry		MMA FITNESS Jerry				

New Concept2
ROW
Instructor!

Platinum PowerTeam 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.**

PowerTeam 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! (45 minutes) 🍌 🔥

MMA 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! (60 minutes) 🍌 🔥

ROW BOOTCAMP It is the perfect combination of our rowing machines paired with strength circuit and drills. We pulled exercises from all areas of fitness to create this heart-pumping, sweat-drenched total body workout that is as fun as it is effective. (45 minutes) 🍌 🔥

Saturday, May 7th 10am-1pm



K9 Strong and Powerhouse Gym Stuart team up again for a celebrate local extravaganza! Come out to support our local law enforcement K9 teams! This family fun event will have MULTIPLE K9 demonstrations and meet & greets, crafts, games, local business vendors, and a food truck! It's time to bring the community together as we provide for our protectors. **Hope to see you there!**

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