

Studio/Type	Monday	Time
Training/ P	BOOTCAMP 🧡🔥 Stephanie	5:15-6:00AM
Training/ P	BOOTCAMP 🧡🔥 Mike	8:30-9:15AM
Group-X/ G	BodyPump 🧡 Julianne	8:30-9:30AM
Training/ P	BOOTCAMP 🧡🔥 Ezell/Becca	9:30-10:15AM
Cycle/ G	Sprint 🚴 Marianne	9:40-10:10AM
Group-X/ G	Zumba 🧡 Tara	9:45-10:45AM
Yoga/ Y	Restorative Yoga 🧘 Nona (Bring bolster/pillow)	10:00-11:00AM
Group-X/ G	Senior Fitness 🧡 Audrey	11:00-11:45AM
Yoga/ Y	Gentle Yoga 🧘 Nona	11:30AM-12:30PM
Group-X/ G	Pilates 🧡 Audrey	12:00-12:45PM
Group-X/ G	Senior Fitness 🧡 Audrey	1:00-2:00PM
Training/ P	BOOTCAMP 🧡🔥 Tara	5:30-6:15PM
Cycle/ G	Sprint 🚴 Marianne	5:30-6:00PM
Training/ P	Kickboxing 🧡🔥 Jerry	6:30-7:30PM
Group-X/ G	Zumba 🧡 Briana	6:30-7:30PM

Studio/Type	Wednesday	Time
Training/ P	BOOTCAMP 🧡🔥 Stephanie	5:15-6:00AM
Training/ P	BOOTCAMP 🧡🔥 Stephanie	8:30-9:15AM
Group-X/ G	BodyPump 🧡 Mike	8:30-9:30AM
Cycle/ G	Spinning 🚴 Audrey	8:30-9:15AM
Training/ P	BOOTCAMP 🧡🔥 Stephanie	9:30-10:15AM
Group-X/ G	Zumba 🧡 Tara	9:45-10:45AM
Yoga/ Y	Gentle Yoga 🧘 Nona	10:00-11:00AM
Group-X/ G	Senior Fitness 🧡 Audrey	11:00-11:45AM
Yoga/ Y	Restorative Yoga 🧘 Nona (Bring bolster/pillow)	11:30AM-12:30PM
Group-X/ G	Pilates 🧡 Audrey	12:00-12:45PM
Group-X/ G	Senior Fitness 🧡 Audrey	1:00-2:00PM
Training/ P	BOOTCAMP 🧡🔥 Nick P	5:30-6:15PM
Group-X/ G	BodyCombat 🧡 Julianne	5:30-6:25PM
Cycle/ G	Sprint 🚴 Jaden	5:30-6:00PM
Training/ P	Kickboxing 🧡🔥 Jerry	6:30-7:30PM
Group-X/ G	Zumba 🧡 Briana	6:30-7:30PM

Studio/Type	Friday	Time
Training/ P	BOOTCAMP 🧡🔥 Stephanie	5:15-6:00AM
Training/ P	BOOTCAMP 🧡🔥 Stephanie	8:30-9:15AM
Group-X/ G	BodyPump 🧡 Julianne	8:30-9:30AM
Training/ P	BOOTCAMP 🧡🔥 Stephanie/Becca	9:30-10:15AM
Cycle/ G	Spinning 🚴 Audrey	9:30-10:15AM
Group-X/ G	Zumba 🧡 Jenn	9:45-10:45AM
Yoga/ Y	Yoga Stretch 🧘 Nona	10:00-11:00AM
Group-X/ G	Senior Fitness 🧡 Audrey	11:00-11:45AM
Yoga/ Y	Yoga Sculpt 🧘 Nona	11:30AM-12:30PM
Group-X/ G	Senior Fitness 🧡 Audrey	1:00PM-2:00PM

Studio/Type	Tuesday	Time
Cycle/ G	Sprint 🚴 Holly R.	5:30-6:00AM
Training/ P	BOOTCAMP 🧡🔥 Stephanie/Becca	8:30-9:15AM
Yoga/ G	BodyFlow 🧘 Julianne	8:30-9:30AM
Group-X/ G	Pilates 🧡 Audrey	8:30-9:30AM
Training/ P	BOOTCAMP 🧡🔥 Nick P.	9:30-10:15AM
Cycle/ G	Spinning 🚴 Traci	9:30-10:15AM
Group-X/ G	BodyCombat 🧡 Julianne	9:45-10:45AM
Group-X/ G	Senior Fitness 🧡 Audrey	11:00-11:45AM
Group-X/ G	BodyPump 🧡 Julianne	12:00-1:00PM
Group-X/ G	BodyPump 🧡 Mary Beth	5:30-6:30PM

Studio/Type	Thursday	Time
Cycle/ G	Sprint 🚴 Holly R.	5:30-6:00AM
Training/ P	BOOTCAMP 🧡🔥 Stephanie	8:30-9:15AM
Group-X/ G	Zumba 🧡 Kelly	8:30-9:30AM
Training/ P	BOOTCAMP 🧡🔥 Ezell/Becca	9:30-10:15AM
Cycle/ G	Spinning 🚴 Traci	9:30-10:15AM
Group-X/ G	Pilates 🧡 Audrey	9:45-10:45AM
Group-X/ G	Senior Fitness 🧡 Audrey	11-11:45AM
Group-X/ G	BodyPump 🧡 Julianne	12:00-1:00PM
Group-X/ G	Tai Chi 🧘 Jeanne	1:00-2:00PM
Group-X/ G	Body Pump 🧡 Jaden	5:30-6:30PM
Group-X	Lindy Hop/East Coast Swing Dance Lesson (\$5)	7:00-7:45PM
Group-X	Social Dancing (\$3)	7:45-9:30PM

Studio/Type	Saturday	Time
Group-X/ G	STEP Interval 🧡🔥 Holly P.	8:15-9:15AM
Training/ P	BOOTCAMP 🧡🔥 Mike	9:00-9:45AM
Cycle/ G	Sprint 🚴 Marianne	9:00-9:30AM
Group-X/ G	BodyPump 🧡 Jaden /Mary Beth	9:35-10:35AM
Group-X/ G	Zumba 🧡 Briana	10:45-11:45AM

Sunday		
Cycle/ G	Spinning 🚴 Sarah	9:00-10:00AM
Group-X/ G	BodyCombat 🧡 Mike	9:00-10:00AM
Group-X/ G	BodyPump 🧡 Jaden /Mary Beth	10:10-11:10AM
Training/ P	Kickboxing 🧡🔥 Jerry	10:15-11:15AM
Yoga/ Y	Slow Flow Yoga 🧘 Nona	11:30AM-12:30PM

🧡 **STRENGTH** 🧡 **CARDIO** 🧘 **MIND/BODY**
🚴 **CARDIO INDOOR CYCLE** 🧡 **CARDIO DANCE**

P – Team Training offered in the Platinum membership. Platinum members may take all the classes on this schedule.

Y – Classes in the Yoga Elite membership. These members may take all Yoga and Gold-level classes.

G – Classes in the Gold & Insurance memberships. These members may take all Gold-level classes.



October 2022
powerhousegymstuart.com

3216 SE Federal Hwy, Stuart, FL 34997
772-221-2121

PLATINUM POWER TEAM TRAINING

Sign-up at the front desk.

Monday	Time
BOOTCAMP/Stephanie	5:15-6:00AM
BOOTCAMP/Mike	8:30-9:15AM
BOOTCAMP/Ezell/Becca	9:30-10:15AM
BOOTCAMP/Tara	5:30-6:15PM
Kickboxing/Jerry	6:30-7:30PM

Tuesday	Time
BOOTCAMP/Stephanie/Becca	8:30-9:15AM
BOOTCAMP/Nick P.	9:30-10:15AM

Wednesday	Time
BOOTCAMP/Stephanie	5:15-6:00AM
BOOTCAMP/Stephanie	8:30-9:15AM
BOOTCAMP/Stephanie	9:30-10:15AM
BOOTCAMP/Nick P.	5:30-6:15PM
Kickboxing/Jerry	6:30-7:30PM

YOGA ELITE

To reserve your spot in class, please either email us at powerhouseyogaclass@gmail.com, call us at 772-221-2121 or reserve in-person at the front desk within 48 hours of the class. Upgrade to Yoga Elite and find your peace.

Monday	Time
Restorative Yoga/Nona (Bring bolster/pillow)	10:00-11:00AM
Gentle Yoga/Nona	11:30AM-12:30PM

Wednesday	Time
Gentle Yoga/Nona	10:00-11:00AM
Restorative Yoga/Nona (Bring bolster/pillow)	11:30AM-12:30PM

YOUR PLATINUM MEMBERSHIP INCLUDES

- Unlimited Power Team Training
- Hydromassage
- Gold-level and Yoga Elite Classes
- Unlimited Tanning
- Access to Women's Only Gym
- Access to our Up-Coming New Elite Legs Gym
- Unlimited Kids' Club or Infant Care
- 20% Off Smoothie & Pro Shop Apparel

Thursday	Time
BOOTCAMP/Stephanie	8:30-9:15AM
BOOTCAMP/Ezell/Becca	9:30-10:15AM

Friday	Time
BOOTCAMP/Stephanie	5:15-6:00AM
BOOTCAMP/Stephanie	8:30-9:15AM
BOOTCAMP/Stephanie/Becca	9:30-10:15AM

Saturday	Time
BOOTCAMP/Mike	9:00-9:45AM
Sunday	Time
Kickboxing/Jerry	10:15-11:15AM

YOUR YOGA ELITE MEMBERSHIP INCLUDES

- Unlimited Yoga Classes
- Hydromassage
- Gold-level Classes
- Unlimited Tanning
- Access to Women's Only Gym
- Access to our New Elite Legs Gym

Friday	Time
Power Vinyasa/Nona	10:00-11:00AM
Yoga Sculpt/Nona	11:30AM-12:30PM

Sunday	Time
Slow Flow Yoga/Nona	11:30AM-12:30PM

TREASURE COAST PHYSICAL THERAPY

Free Gift **& FITNESS** Free Gift

Get answers to your questions
about **LOW BACK PAIN**

FREE SEMINAR: Wednesday, Oct. 26th

10:45AM

SIGN-UP AT THE FRONT DESK



Presented by Nick Parmigiano MS PT
Functional Movement Specialist
Certified Kinesiotaping Practitioner
ACE-Personal Trainer

www.nickparmigianopt.com

772-485-9447

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