

LIVE STREAM HOLIDAY GLOBAL FITNESS WEEKEND 1 HOUR CLASS SCHEDULE

SATURDAY DECEMBER 5, 2020

10:00-10:30am "Welcome to the Weekend!" with Greg Sims and Jeff Borden

11:00am – 12:00pm

CARDIO: CARDIO KICKBOX POWER – GREG SIMS
STRETCH: FLEX-ABILITY – DAKOTA FOX
STRENGTH: REPLACE WITH MUSCLE – BRIAN GUZMAN
BARRE: CARDIO BARRE PLUS – LILLY CALTIS

12:15 – 1:15pm

STRENGTH: TOTAL BODY CHISEL – SHERETA MIDDLETON
CORE: BRING THE CORE – ROZ SINGLETON
AQUA: AQUA STRENGTH & RESISTANCE – STEPHANIE DUDRA
CARDIO: CARDIO UP! – DARISE BARRON

1:30 – 2:30pm

STRENGTH: MY TOP 20 STRENGTH MOVES – GREG SIMS
STEP: STEP ON FIRE! – SHERETA MIDDLETON
LECTURE: GET SENIOR READY! (LECTURE + MOVEMENT...that's perfect for seniors) – MARLENE JENKINS
CYCLE: RETRO CYCLE – BRIAN GUZMAN

2:45 – 3:45pm

STRENGTH: PUSH TO THE LIMIT – SHERETA MIDDLETON
CORE: CREATIVE CORE POWER – DARCY KENT
BARRE: BARRE TO BARRELESS = MORE – GAY GASPER
AQUA: AQUA FLEX – STEPHANIE DUDRA
BAREFOOT TRAINING: FANCY FEET – MARLENE JENKINS

4:00 – 5:00pm

STEP CARDIO: STEP MIX HIIT TO THE 70'S! – ESTER MARSH
BOOTCAMP: HIIT BOOTCAMP – DARCY KENT
YOGA: YOGA CHILL...NO CHAT (zero push-ups!) – GAY GASPER
SENIOR: THE NO CHAIR NEEDED SENIOR WORKOUT – CARRIE SMITH

SUNDAY DECEMBER 6, 2020

11:00am – 12:00pm

STRETCH: WAKE UP & STRETCH – MARLENE JENKINS
BOOTCAMP: WISHFUL SHRINKING BOOTCAMP – BRIAN GUZMAN
SENIOR: SENIOR CHALLENGES (training with those who have limitations/conditions) – DARISE BARRON
PILATES: MAT PILATES CORE STRENGTH – LILLY CALTIS

12:15 – 1:15pm

STRENGTH + CARDIO: ATHLETIC CONDITIONING – SHERETA MIDDLETON
DANCE: LINE DANCE PARTY! – JOURNONYA HARRIS-RAYNER
AQUA: AQUA TABATA – GREG SIMS
PT LECTURE: GROUP PERSONAL TRAINING FOR SENIORS – CARRIE SMITH

1:30 – 2:30pm

PT LECTURE: BE THE CONSIDERATE TRAINER – BRIAN GUZMAN
STRENGTH: UNILATERAL BLAST – DARISE BARRON
CARDIO: CARDIO KICKBOX INTERVALS II – ESTER MARSH
TRX: POWER DRIVEN TRX – DARCY KENT

2:45 – 3:45pm

STRENGTH + CARDIO: SHED & SHRED – SHERETA MIDDLETON
STRENGTH: GLUTE BOOTY CAMP – ROZ SINGLETON
PILATES: MAT PILATES HIIT – LILLY CALTIS
SENIOR: TRAINING YOUR SENIOR (LECTURE + WORKSHOP) – CARRIE SMITH
SPECIALIZED: FOAM ROLLER PERFECTION – DAKOTA FOX

4:00 – 5:00pm

STRETCH: AMPLIFIED STRETCH (#1 SELLING IFTA VIDEO) – CARRIE SMITH
YOGA: ESTALATTE YOGA II – ESTER MARSH
MOBILITY: FUNCTIONAL MOBILITY – DAKOTA FOX
CARDIO: JINGLE ALL THE WAY CARDIO – MARLENE JENKINS