

LIVE STREAM GLOBAL FITNESS WEEKEND 1 HOUR CLASS SCHEDULE

SATURDAY JANUARY 30, 2021

10:00-10:30am FREE if registering for any class(es) "Meet the IFTA Owners – Welcome to the Weekend!"

11:00am – 12:00pm

STRENGTH: STRONG BODY FOR LIFE – GAY GASPER
COMBINATION: PRIMAL MOVEMENT (bodyweight, balance, control & more) – DAKOTA FOX
CYCLE CLASS: RETRO CYCLE (no cycle needed to attend) – BRIAN GUZMAN

12:15 – 1:15pm

PILATES CLASS: PILATES PERFECTION – LILLY CALTIS
STRENGTH: PACKED PYRAMID – DARISE BARRON
SENIOR: PRIME OF LIFE CARDIO – MARLENE JENKINS

1:30 – 2:30pm

BOOTCAMP: BOOTCAMP GAMES! – DARCY KENT
FOAM ROLLER: FOAM & FASCIA – DARISE BARRON
CARDIO: ATHLETIC FUNK – ROZ SINGLETON

2:45 – 3:45pm

CORE: CORE MAX – BRIAN GUZMAN
STEP: STEP AND SCULPT – SHERETA MIDDLETON
CARDIO: WHATS THE MATTA? LETS DO TABATA – ESTER MARSH

4:00 – 5:00pm

FUSION: STRENGTH, BALANCE & FLEXIBILITY – ESTER MARSH
SENIOR: SENIOR 50 REPS IN 50 MINUTES - MARLENE JENKINS
CARDIO: LINE DANCE PARTY! – JOURNONYA HARRIS-RAYNER

SUNDAY JANUARY 31, 2021

11:00am – 12:00pm

SENIOR: SENIOR CHALLENGES – DARISE BARRON
YOGA: RHYTHMIC YOGA – GAY GASPER
BOOTCAMP: BUTTS & GUTTS BOOTCAMP – BRIAN GUZMAN

12:15 – 1:15pm

PILATES: PILATES 55+ - LILLY CALTIS
CARDIO: MUSICAL FINISHERS – DARCY KENT
STRETCH: STRENGTHENING STRETCH – MARLENE JENKINS

1:30 – 2:30pm

CORE: CORE CAMP – ROZ SINGLETON
LECTURE: TEACHING ADULT LEARNERS (effective communication with clients & groups) – DAKOTA FOX
CARDIO: COMPLETE CARDIO – GAY GASPER

2:45 – 3:45pm

STRENGTH: HARD BODY SCULPT – SHERETA MIDDLETON
P.T. LECTURE: BE THE CONSIDERATE TRAINER - BRIAN GUZMAN
DANCE: CHILL DOWN RHYTHMIC DANCE – DARISE BARRON

4:00 – 5:00pm

YOGA: YOGA FUSION – LILLY CALTIS
STRENGTH: EXTREME STRENGTH CONDITIONING – SHERETA MIDDLETON
LECTURE/DEMO: RULES OF ENGAGEMENT (FORM, ALIGNMENT, MUSCLE ACTIVATION ETC) – DAKOTA FOX