

RENEWAL

bodybootcamp

CLASS DESCRIPTIONS

TRX

\$15 Walk-ins, or \$96 for 8-Class punch card (\$12)

Come experience Grand Rapids' first TRX Studio! TRX is a type of training that uses your own body weight and gravity, to build strength, balance, coordination, flexibility, core and joint stability. This class incorporates a small group personal training atmosphere with suspension trainers (straps that anchor from the ceiling). Using a TRX increases the difficulty and intensity of many exercises by requiring not only strength but also balance and stability. Common exercises, such as pushups, squats and lunges, etc. are made more difficult, exciting and limitless by this apparatus.

TRX Body Blast

\$15 Walk-ins, or \$96 for 8-Class punch card (\$12)

Body Blast is strength focused class, which is based on reps, tempo and form. Body Blast engages all your muscles with this non-stop TRX workout. Build overall strength, balance and flexibility with this total-body program.

TR-XBOX

\$12 Walk-ins, or \$80 for 8-Class punch card (\$10)

TR-XBOX is a high intensity 3 station circuit workout. Station #1 will focus on strengthening the body by using TRX bands. Station #2 will incorporate boxing moves on the heavy bag and/or focus mitts. Station #3 shocks the metabolism with some great plyometric bursts! The last 10 minutes of the class focuses on core conditioning.

Pilates

\$12 Walk-ins, or \$80 for 8-Class punch card (\$10)

Stability, posture, strength, and balance are just a few of the many benefits Pilates has to offer. Are you tired of having to do millions of crunches? So are we! Lengthen & stretch as you work your body and core like never before with Renewal Body Pilates. Discover your deepest abdominal muscles, which you never knew you had until now!

Cardio Kickboxing

\$10 Walk-ins, or \$64 for 8-Class punch card (\$8)

Cardio Kickboxing is high-intensity cardio interval training class that incorporates punching, kicking, and various plyometric movements. It is a great and fun way to break a sweat outside of traditional cardio such as running or biking. This is where fitness enthusiasts go to get the best cardio kickboxing class in Grand Rapids!

Early Bird Bootcamp

\$12 Walk-ins, or \$120 for 30 Day Camp

Up with the birds, down for the cause! Our Bootcamps combine intervals of cardio drills and muscle conditioning exercises to provide you with the ultimate circuit workout. You can burn 400-600 calories in a variety of sessions that may use jump ropes, boxing drills, free weights, and even a little healthy competition. Expect the unexpected with Early Bird Bootcamp!

Metabolic Bootcamp

\$12 Walk-ins, or \$80 for 8-Class punch card (\$10)

Metabolic Bootcamp challenges your body to its limit through fun plyometric moves & bootcamp drills that work your entire body. This class will have you burning calories even after you leave! Every class is different and we use a variety of exercises & equipment so you will never be bored. The circuits performed will actually generate an after-burn effect that can last up to 48 hours after a workout has ended. We like to keep this class at a minimum to assure we can work towards achieving each individual's goal & track the progress of our bootcampers. Feel as though you have your very own personal trainer without the costly price of one!

Weekend Warrior Workout (WWW)

\$12 Drop-in and/or \$10 for punch card

Do you love to exercise but just can't fit it into your weekday schedule? Then the Weekend Warrior Workout is perfect for

you! This 60 minute Saturday morning class may involve bootcamp drills, kickboxing, TRX, interval training, boxing and/or Pilates. Start off your weekend with an invigorating workout!

H.I.I.T (High Intensity Interval Training)

\$15 Walk-ins, or \$96 for 8-Class punch card (\$12)

HIIT consists of 30-second bursts of cardio performed at your highest intensity level to get your metabolism going strong and help you burn calories for up to 24 hours after your HIIT workout! Your workout does not have to be long if you are willing to give the intensity to your workout!

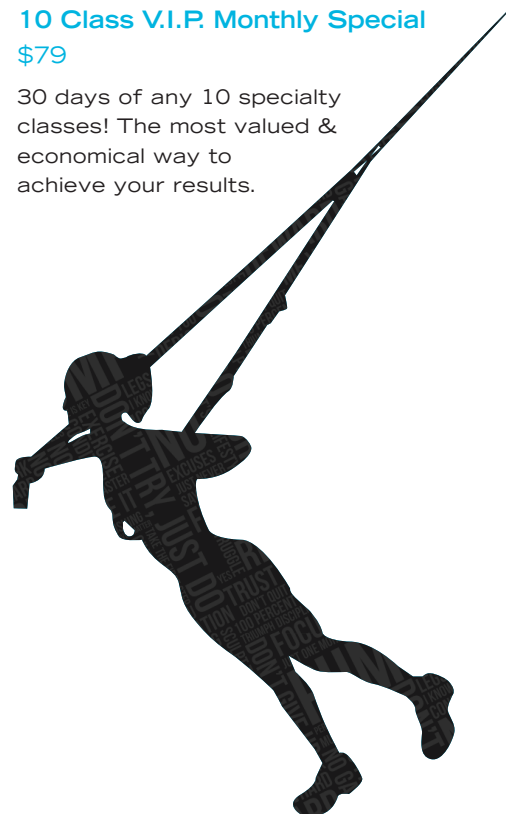
Boxing Fitness

\$15 Walk-ins, or \$96 for 8-Class punch card (\$12)

Boxing Fitness is an authentic boxing workout that combines proper boxing techniques on a punching bag with an interval based cardiovascular workout. Burn up to 1000 calories per class!

10 Class V.I.P. Monthly Special \$79

30 days of any 10 specialty classes! The most valued & economical way to achieve your results.



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CLASS SCHEDULE *

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Early Bird Bootcamp 6:30–7:30 a.m. (Dakota)	H.I.I.T 6:30–7:30 a.m. (Dakota)	Early Bird Bootcamp 6:30–7:30 a.m. (Dakota)	H.I.I.T 6:30–7:30 a.m. (Dakota)	Early Bird Bootcamp 6:30–7:30 a.m. (Dakota)	
	TRX Body Blast 8:00–9:00 a.m. (Dakota)		TRX Body Blast 8:00–9:00 a.m. (Dakota)		TRX Body Blast 8:00–9:00 a.m. (Dakota)	Weekend Warrior 10:30–11:30 a.m. (Claire/Jen)
		TRX Lunch Crunch 12:30–1:15 p.m. (Jen)			Pilates Lunch Crunch 12:15–1:00 p.m. (Jen)	
	Bootcamp 5:30–6:30 p.m. (Jen)	TR-XBOX 5:30–6:30 p.m. (Jen)	TRX 5:30–6:20 p.m. (Jen)	Boxing Fitness 5:30–6:30 p.m. (Jen)	TRX Pilates Fusion 5:15–6:15 p.m. (Jen)	
	Cardio Kickboxing 6:45–7:45 p.m. (Jen)	Pilates 7–8 p.m. (Jen)	Beginner Bootcamp 7–8 p.m. (Claire)	TRX 7:00–7:50 p.m. (Jen)	TR-XBOX 6:30–7:30 p.m. (Jen)	

WWW.RENEWALBODYBOOTCAMP.COM

*Classes are subject to change and/or cancellation. Please check website and/or call ahead for holiday week/ weekend schedules.