

**Vive Class
Schedule**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		HIIT 30 min.		Calorie Burn 45 min.		
6:00 AM	Vive Express Full Body 30 min.		Strength Cardio 60 min.		Vive Express Endurance 30 min.	
8:00 AM		Results 60 min.		Bottom ½ 60 min.		Vive Endurance 60 min.
9:00 AM	Vive Full Body 60 min.		Strength Cardio 60 min.		Vive Endurance 60 min.	Calorie Burn (9:30am) 45 min.
11:00 AM		Vive Endurance 60 min.		Results 60 min.		Vive Full Body 60 min.
12:00 PM	Bottom ½ 60 min.		Vive Full Body 60 min.		Calorie Burn 45 min.	

4:00 PM	Barre Fusion 60 min.	Vive Full Body 60 min.	Vive Endurance 60 min.	HIIT 30 min.	Strength Cardio 60 min.
5:30 PM	Bottom ½ 60 min.	Calorie Burn 45 min.	Vive Full Body 60 min.	Results 60 min.	HIIT 30 min.
7:00 PM	Bottom ½ Express 30 min.	Vive - FB 60 min.	HIIT 30 min.	Vive Endurance 60 min.	

What Makes Us UNIQUE?

- ❖ **CURVED TREADMILLS**
they burn up to 30% more calories than a regular treadmill
- ❖ **COMPRESSION CABLES**
Cable weights are adjusting with a touch of a button using compressed air
- ❖ **HEART RATE MONITORED**
Your heart rate is monitored so, you can see

when you are in your top heart rate zones

❖ **ALL WOMEN CLASSES!**

Classes Offered

VIVE- Full Body
VIVE- Endurance
Results
Bottom 1/2
Calorie Burn
H.I.I.T.
30/30
Strength Cardio
Barre

VIVE Full Body

Focused on the Full Body and uses interval training as you rotate from curved treadmills, cables, assault bikes, core

exercises, and functional movements in 60 minutes

VIVE Express Full Body

Half of regular Full Body in 30 minutes

VIVE Endurance

Cardio focused and uses interval training as you rotate from curved treadmills, cables, assault bikes, core exercises, and functional movements in 60 minutes

VIVE Express Endurance

Half of regular Endurance in 30 minutes

Results

Full body resistance weight training in 60 minutes

Bottom ½

Focused on toning and shaping your lower half in 60 minutes

Calorie Burn

Utilizes curved treadmills, assault bikes, and metabolic floor work. Floor work will



focus on explosive movements burning the greatest # of calories in 45 minutes.

H.I.I.T.

High Intensity Interval Training is a workout that alternates between intense bursts of activity and fixed periods of less-intense activity or even complete rest for a total of 30 minutes

Strength Cardio

Full body workout rotating from treadmills, cables, core, steps, and functional exercise for 60 minutes

Barre Fusion

Combination of traditional barre moves with tabatta style intervals for toning and shaping.

♥ **ALL WOMEN'S FITNESS STUDIO**

307 Manufacturers Rd.
Chattanooga, TN 37405
(423)803-1111

Website:

www.viveforwomen.com

Email:

viveforwomen@gmail.com

EVERY DAY WE WILL WORK

ON:

- ❖ FUNCTIONAL TRAINING
- ❖ CORE STABILITY
- ❖ CARDIO CONDITIONING
- ❖ TONING/SHAPING

♥♥♥ FIRST CLASS FREE ♥♥♥