

Vive Schedule

May 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		HIIT 30 min.		Vive Endurance 60 min.		
6:00 AM	Vive Full Body 60 min.		Strength Cardio 60 min.		HIIT 30 min.	
8:00 AM		Results 60 min.		Bottom ½ 60 min.	Zumba 60 min.	Vive Endurance 60 min.
8:15 AM	V-Pack 30 min.					
9:00 AM	Vive Full Body 60 min.		Strength Cardio 60 min.			
9:30 AM					Vive Endurance 60 min.	Calorie Burn 45 min.
11:00 AM		Vive Endurance 60 min.		Vive Full Body 60 min.		Vive Full Body 60 min.
11:15 AM			V-Pack 30 min.			
12:00 PM	Vive Endurance 60 min.		Vive Full Body 60 min.		Calorie Burn 45 min.	
12:30 PM		Kickboxing 45 min.				

4:00 PM	Zumba	Vive Full Body	Bottom ½	HIIT- 30 min.	Strength Cardio
	60 min.	60 min.	60 min.	4:45pm Results 60 min	
5:30 PM	Bottom ½	Vive Endurance	Vive Full Body	6pm Kickboxing	HIIT
	60 min.	60 min.	60 min.	45 min.	30 min.
7:00 PM	Calorie Burn	Vive Full Body	HIIT	V-Pack	
	45 min.	60 min.	30 min.	30 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!**



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 Endurance

Cardio focused and uses interval training as you rotate from curved treadmills, cables, assault

bikes, core exercises, and functional movements in 60 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

Zumba

Dance party with Latin flare with the sexy but simple moves to dance music like Cha Cha, Salsa, reggaeton, rumba and more. It's fun and effective, using interval training combining fast and slow rhythms for an effective aerobic workout while at the same time targeting your legs, abs, glutes and arms all in 60 min.

V-Pack

Core and Cardio all packed into a 30 min class. You will rotate from treads, bikes, cables, and core strengthening exercise.

Kickboxing

Get ready for some intense fast pace cardio with a focus on martial art techniques and core strength. Build stamina, improve coordination, increase flexibility, and burn a ton of calories as you build tone and lean your muscle with this high energy challenging 45 minute workout.



ALL WOMEN'S FITNESS STUDIO

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♥♥♥ FIRST CLASS FREE ♥♥♥

EVERY DAY WE WILL WORK

ON:

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