

# TYSONS TOWER

## 2024 Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>12:00pm-12:45pm</b> PUMP IT UP (Upper Body) with Curtis	<b>12:00pm-12:45pm</b> BRING IT DOWN (Lower Body) with Curtis	<b>12:00pm-12:45pm</b> Core n' More (Abdominals) with Curtis	<b>12:00pm-12:45pm</b> Enlighten Within (Yoga) with Shree	<b>12:00pm-12:45pm</b> Freestyle Fridays (HIIT - Overall Body Combo) with Curtis

### Class Descriptions

- **PUMP IT UP (Upper Body)** - This class will focus on strengthening arms, shoulders, back & chest. You'll push/pull your way to tone & build muscles from the hips up in this guided workout that moves from set to set.
- **BRING IT DOWN (Lower Body)** - This class will focus on strengthening hips, quads, hamstrings & glutes. This will ensure better mobility in everyday activities.
- **Core n' More (Abdominals)** - This class will place emphasis on developing a strong abdominal region throughout.
- **Enlighten Within' (Yoga)**- In this class, postures are practiced aligning & strengthening to promote flexibility in the body.
- **Freestyle Fridays (HIIT)** - This class is designed to build cardiovascular fitness, while improving muscular strength and endurance. You will be challenged to push your limits and walk out feeling strong!