

Local Studio Workout

Fall/Winter Schedule 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am (75 min) RealRyder/Yin & Yang	8:30 am Horizontal Conditioning 9:30 am Bootiful Booty 6:00 pm RealRyder	8:30 am (75 min) Pump up the Ryde	8:30 am Step to the Barré 6:00 pm Local Circuit	8:30 am Local AB LAB 6:00 pm (60 min) Real Ryder/ Yin&Yang	8:30 am RealRyder 9:30 am TRX Tabata Boot Camp 4:00 pm Local Strong Kids \$10/class or \$90 for 10 classes	8:30 am Burn at the Barré 9:40 am Local Pump

**MUST CALL TO
MAKE A RESERVATION**



900 Asbury Avenue Unit B, Ocean City
609-938-0024 Localfitsj.com

Prices

- Single Class — \$20
- 5 Class Card — \$65/2 Month Expiration
- 10 Class Card — \$120/3 Month Expiration
- 20 Class Card — \$220/5 Month Expiration
- 30 Class Card — \$300/9 Month Expiration

Class Descriptions — Must Call To Make A Reservation

Bootiful Booty: This class will tone and shape that booty. Focusing on the butt and legs for all levels. Every girl needs this “butt kicking” workout!

RealRyder: (Indoor Cycling) This class brings the outside ride inside. You will lean, tilt, and steer your way through the total body integrated functional workout. Its like no other!

RealRyder Yin & Yang: 30 minutes of high intensity intervals on the RealRyder bikes followed by 30 or 45 minutes of core and stretch.

Pump up the Ryde : 30 minutes of high intensity intervals on the RealRyder bikes followed by 45 minutes of upper and lower body training.

Burn at the Barré: Work your entire body. Feel the BURN!! Lift that BUTT!! Tighten those ABS!! Shape your ARMS!! On and off the ballet barré.

Horizontal Conditioning: This class consists of cardio conditioning along with intervals of total body conditioning using your own body weight horizontally (plank position).

Step to the Barré: A 30 minute traditional step class followed by 30 minutes of exercises using the ballet barré.

TRX Tabata Boot Camp: Burn 4x the amount of calories while toning your whole body. 20 seconds on, 10 seconds off format.

Local AB LAB: Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

Local Circuit: Jump and lift your way through challenging workouts that will test you mentally and physically to help you “look better on the beach”

Local Pump: This is a plate-loaded barbell total body workout using various weights and reps, range of motion and speed in different sequences...get LEAN...get TONED...build STRENGTH.

Local Strong Kids: This is a kid’s class designed to give an introduction to strength training focusing on form. We will work on areas that are commonly injured on young active kids. We hope to strengthen muscles around the joints in order to help prevent injury.