


CIRCUIT/CARDIO CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Club Mark Dollerschell 5:30am-6:15am	Super Circuit Chris Chamberlin 5:30am-6:30am Senior Circuit Chris Chamberlin 8:00am-8:45am Morning Crunch Tommie Hagel 9:00am-9:45am Lunch Crunch Chris Chamberlin 12:10pm-12:50pm Evening Circuit Johnny Arnhalt 6:35pm-7:15pm	Super Circuit Chris Chamberlin 5:30am-6:15am	Breakfast Club Mark Dollerschell 5:30am-6:15am Senior Circuit Chris Chamberlin 8:00am-8:45am Morning Crunch Chris Chamberlin 9:00am-9:45am	Super Circuit Chris Chamberlin 5:45am-6:30am H.I.I.T Johnny Arnhalt 9:00am-9:45am Lunch Crunch Chris Chamberlin 12:10pm-12:50pm	 COURTSPLUS COMMUNITY FITNESS Courts Plus Community Fitness 3491 South University Dr Fargo, ND 58104 701-237-4805 courtsplus.org	

Breakfast Club: This class will incorporate all of the major muscle groups by moving from exercise to exercise without rest. Free Weights, Weight Machines, Plyometrics, Elastic Bands and Body Weight Movements. Mark & Parker offer a Fun and Challenging class for all Fitness Levels.

Instructor: Mark Dollerschell

Evening Circuit: Want an exciting evening workout? Simply show up, work hard and with Johnny's motivation you will reach your fitness goals in no time. Join the circuit madness and you will be amazed at how fast 45 minutes will fly by!!!!

Instructor: Johnny Arnhalt

H.I.I.T: High Intensity Interval Training. All exercises during H.I.I.T are completed in intervals 1 minute of exercise and 30 seconds of rest. Participants will complete circuits of 10 different exercises during this 45 minute class. Activities may appear easy, but become progressively harder. Join Johnny every Friday morning.

Instructor: Johnny Arnhalt

Lunch Crunch: If you are looking for a full body workout that will get your heart rate up and will keep your metabolism boosted for the rest of the day, then the Lunch Crunch Circuit is for you. This class is a great mid day stress reliever and a great reason to leave work for an hour.

Instructor: Chris Chamberlin

M.M.A: Monday Morning Asylum. **Intense** cardio conditioning with athletic training! This class is all about finding your limit and pushing past it. Join Johnny every Monday morning to find out what is new at the asylum.

Instructor: Johnny Arnhalt

Morning Crunch: This Circuit Class will use a wide variety of equipment and exercises too hit all your major muscles. Tommie & Chris will keep you moving with new exercises every week. This class is great for all fitness levels.

Instructor: Tommie Hagel/Chris Chamberlin

Senior Circuit: This fun and motivating exercise class is tailored for individuals over the age of 50. Each class starts with a warm-up followed by aerobics, strength training, walking, or a circuit class. A cool-down with stretching and abdominal work complete the workout. Coffee is served after the class for the participants. Every ability level is welcome and all participants work at their own pace. Exercise can increase energy level, lower cholesterol and blood pressure, reduce stress, decrease body fat, improve strength and is beneficial to everyone at any age.

Instructor: Chris Chamberlin

Super Circuit: Variation galore. Come and enjoy a variety of Floor Exercises and Weight Machines to increase Stamina, Strength and Cardiovascular Fitness. Participants can vary the intensity to suit their Fitness Level and needs. Suitable for all levels.

Instructor: Chris Chamberlin