

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:15am Total Body Circuit		6:15am Total Body Circuit		
	12pm Total Body Circuit		12pm Total Body Circuit		9:30am Total Body Circuit
5:00pm Lower Body Circuit	5:00pm Core Cardio Circuit	5:00pm Flexibility	5:00pm Upper Body Circuit		10am Flexibility
5:30pm Piloxing	5:30pm Upper Body Circuit	5:30pm Cardio Kick Circuit	5:30pm Athletic Conditioning Circuit		
6pm Flexibility	6pm Cardio Circuit	6pm Lower Body Circuit	6pm Core Strength Circuit		

Unless otherwise stated, all classes are 25 minutes.

Team Training

Strength-based, small group class. Based on the size of the class, there is an additional cost.

Piloxing

Pilates/Boxing fusion class, creating longer, leaner, sexier bodies.

Lower Body Circuit

Class targets Butt & Legs with a variety of stations you travel to and from

Flexibility

Develop and improve flexibility with basic stretching and yoga exercises.

Upper Body Circuit

Shoulders, arms, and back exercises only.

Cardio Kick Circuit

Easy boxing-inspired exercises in circuit form.

Total Body Circuit

Whole body class to balance out muscle strength and cardio vascular capacity

Core Cardio Circuit

Burn off calories and strenghten your core muscles with exercises targeting abdominals, lower back, glutes

Cardio Circuit

Walk in, sweat it out, walk out. This class is a circuit designed to make you burn off a maximum of calories in a minimum of time.

Athletic Conditioning Circuit

Jog, run, jump, throw, pull and push!

Core Strength Circuit

Mid-section centric class with everything from planks to crunches to functional exercises to strengthen the abdominals and lower back.



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upwardmotionpt.com

For Membership Information,
visit our website at
www.UpwardMotionPT.com

Schedule subject to change without notice.

Group Training Classes

Want to feel more **ENERGIZED?**

Want to be **STRONGER?** More **FLEXIBLE?**

Want to **DE-STRESS?**

Upward Motion's Group Training Classes are the perfect blend of athletic, cardio-vascular, strength and flexibility training. And we do it all in **30 minutes or less!**

Our circuit classes provide the biggest bang for your buck by combining cutting-edge drills with top-notch instruction, fun instructors and cool music.

All levels of fitness welcome.

PT client rate	Non-PT client rate
\$35/month	\$45/month

Ask About our Partner and Family Membership Options

Go to www.upwardmotionpt.com for a **FREE Week of Classes**

