




# CIRCUIT/CARDIO CLASS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Early Breakfast Club Mark Dollerschell 5:30am-6:15am</p> <p>Breakfast Club Mark Dollerschell 9:00am-9:45am</p>	<p>Early Breakfast Club Mark Dollerschell 5:45am-6:30am</p> <p>Senior Circuit Mark Dollerschell 8:00am-8:45am</p> <p>Resistance Band Rev Up Kylee Seifert 9:00am-9:45am</p> <p>Lunch Crunch Kelly Kisell 12:10pm-12:50pm</p> <p>Big Burn Cardio Lisa Gerlach 6:15pm-7:00pm</p>	<p>Interval Mix Toni Baartman 5:30am-6:15am</p> <p>Morning Crunch Kari Thompson 9:00am-9:45am</p>	<p>Early Breakfast Club Mark Dollerschell 5:45am-6:30am</p> <p>Senior Circuit Mark Dollerschell 8:00am-8:45am</p> <p>Breakfast Club Mark Dollerschell 9:00am-9:45am</p> <p>Lunch Crunch Kelly Kisell 12:10pm-12:50pm</p>	<p>Interval Mix Toni Baartman 5:30am-6:15am</p> <p>Resistance Band Rev Up Kylee Seifert 9:00am-9:45am</p>	<p>Extreme Cardio Fitness Staff 8:30am-9:00am</p> <p>Power Circuit Fitness Staff 10:00am-11:00am</p>	<p>Big Burn Cardio Lisa Gerlach 5:30pm-6:00pm</p> <p>Sunday Starter Circuit Lisa Gerlach 7:00pm-7:30pm</p>
 <p><b>Courts Plus Fitness Center</b> 3491 South University Dr Fargo, ND 58104 701-237-4805 <a href="http://www.courtsplus.org">www.courtsplus.org</a></p>						

**Big Burn Cardio:** Cardio Fun with Lisa. This 30 minute Cardio Class will be intense, but fun. Technically the class is only 27 minutes of Cardio and 3 minutes of Stretching, What is 27 minutes out of your day? **Instructor: Lisa Gerlach**

**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's class is Fun and Challenging for all Fitness Levels.

**Instructor: Mark Dollerschell**

**Extreme Cardio:** Challenge yourself to a 30 minute hi-impact cardio class. This class is offered once a week to boost your metabolism and shock your system. Step up and challenge yourself every Saturday morning. **Instructor: Varies Weekly**

**Interval Mix:** This class is designed to help you burn fat and stay in shape. Class will consist of intermittent Exercise vs. Rest Periods using Weights and Cardio Variations. Toni will keep your body guessing for the entire 45 minutes. **Instructor: Toni Baartman**

**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: Kelly Kisell**

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

**Power Circuit:** Get your weekend started with this Challenging Circuit Class! This Calorie-Blasting, Total-Body workout lasts 60 minutes. You will be energized and feeling great when you complete your workout! Step up to the Challenge every Saturday.

**Instructor: Varies Weekly**

**Resistance Band Rev Up:** Get your weekend started with a body blasting, cardio workout. Resistance bands will be used to strengthen your body and challenge it in new, fun ways. Using tabata, a high-intensity training method, we will cruise through a total body circuit, mixed with quick endurance to get your heart rate up. To finish, we will focus on toning the abs. This 45 minute class lets you challenge your body at your own pace and is great for any fitness level. **Instructor: Kylee Seifert**

**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: Mark Dollerschell**

**Sunday Starter Circuit:** Are you one of those people that waits until Monday to start your workout routine? Jumpstart your week with this quick 30 minute Circuit Class and consider it your weekend bonus!!! Lisa will get you motivated for the week ahead with this exciting class. **Instructor: Lisa Gerlach**