

















MAY 2022

CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 a.m.						 BUILD	
NOON	 BUILD	 BURN	 BREATHE		 BUILD		
5:30 p.m.	 BUILD	 BURN	 BUILD	 BURN	 BREATHE		
7:00 p.m.	 BURN	 BUILD	 BREATHE	 BUILD			



IGNITE is a premier fitness club focused on building strong and resilient communities. Our all-inclusive approach to fitness will boost real life performance and our customized fitness plans will include functional training, conditioning, and active recovery designed for your goals. This approach allows members to work out more frequently, avoid injury, maximize performance, and see faster results.

Build, Burn, and Breathe at IGNITE!

- **Build classes**– designed and taught by our highly educated personal trainers, strengthen and sculpt through functional High Intensity Interval Training (HIIT)
- **Burn classes**- not your average cycling classes! Get a full body workout that burns calories and boost endorphins in a pumped-up, dance club style environment
- **Breathe classes**- designed by physical therapists and expert yoga instructors, improve mobility, strengthen your core, and offer ultimate relaxation for body and mind

The combination of Build, Burn, and Breathe classes plus unlimited gym access will make IGNITE your one stop for the very best you! Classes are an intimate size to allow for personalized adjustments and coaching from our highly educated trainers, motivators, and instructors, so reserve your spot now, while supplies last!

www.islandhealthandfitness.com/IGNITE