

Online Fitness Classes from ASI's in-house gym, All Fitness

No equipment needed- mat and water are recommend

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:30am ET	<u>Total Body Strengthening with J Smith</u>		<u>Morning Cardio with J Smith</u>		<u>Core Development with J Smith</u>
10:00-10:15am ET	<u>Morning Flex with Julius King</u>	<u>Ripped with Julius King</u>	<u>Morning Flex with Julius King</u>	<u>Ripped with Julius King</u>	<u>Morning Flex with Julius King</u>
3:00-3:15pm ET	<u>Cardio Blast with J Smith</u>	<u>Afternoon Flex with J Smith</u>	<u>Upper Body with J Smith</u>	<u>Afternoon Flex with J Smith</u>	<u>Lower Body with J Smith</u>
5:30-6:15pm ET		<u>High Intensity with Julius King</u>		<u>Ripped with Julius King</u>	
8:00-8:45pm ET			<u>Ripped with Julius King</u>		

Monday's Classes

- 8-8:30am Total Body Strengthening with J Smith (30 minutes, moderate level)- Use your major muscle groups to get stronger and ready for your work week!
- 10-10:15am Morning Flex with Julius King (15 minutes, all level) – Mid morning stretch to have you feeling more limber and energized for a more productive workday!
- 3-3:15pm Cardio Blast with J Smith (15 minutes, moderate level) – Quick high intensity workout to raise your heart rate and burn some calories!

Tuesday's Classes

- 10-10:15am Ripped with Julius King (15 minutes, moderate level) - A moderate intensity full body workout to have you looking fantastic and feeling even better for the day ahead!
- 3-3:15pm Afternoon Flex with J Smith (15 minutes, all level) – Mid morning stretch to have you feeling more limber and energized for a more productive workday!
- 5:30-6:15pm High Intensity with Julius King (45 minutes, advanced level) - Come ready to work hard! 45 minutes of exercise to introduce you to some new techniques and modalities.

Wednesday's Classes

- 8-8:30am Morning Cardio with J Smith (30 minutes, moderate level) - High intensity exercise that will be sure to make you sweat and get you ready for an ultra-productive day!
- 10-10:15am Morning Flex with Julius King (15 minutes, all level) – Mid morning stretch to have you feeling more limber and energized for a more productive workday!

- 3-3:15pm Upper Body with J Smith (15 minutes, moderate level) - Focus will be on chest, shoulders, triceps and biceps. If you have bands or dumbbells, we can use them but not necessary to participate.
- 8-8:45pm Ripped with Julius King (45 minutes, moderate level) - A moderate intensity full body workout to have you looking fantastic and feeling even better for the day ahead!

Thursday's Classes

- 10-10:15am Ripped with Julius King (15 minutes, moderate level) - A moderate intensity full body workout to have you looking fantastic and feeling even better for the day ahead!
- 3-3:15pm Afternoon Flex with J Smith (15 minutes, all level) – Mid morning stretch to have you feeling more limber and energized for a more productive workday!
- 5:30-6:15pm Ripped with Julius King (45 minutes, moderate level) - A moderate intensity full body workout to have you looking fantastic and feeling even better for the day ahead!

Friday's Classes

- 8-8:30am Core Development with J Smith (30 minutes, moderate level) Strengthen the most important part of your body- your core! We will focus on 30 minutes of low intensity exercises that ignite and strengthen your lower back, abdominals and obliques.
- 10-10:15 Morning Flex with Julius King (15 minutes, all level) – Mid morning stretch to have you feeling more limber and energized for a more productive workday!
- 3-3:15pm Lower Body with J Smith (15 minutes, moderate level)- Bodyweight Exercises Focused on Glutes, Quads, Hamstrings and calves.