



## XTREMEROW SCHEDULE

<b>Monday</b>	<b>Class</b>	<b>Instructor</b>
<b>5:00-5:45 AM</b>	<b>XR Strength</b>	<b>Krystan Mackert</b>
<b>5:00-5:45 PM</b>	<b>XR HIIT</b>	<b>Krystan Mackert</b>
<b>6:00-6:45 PM</b>	<b>XR Core</b>	<b>Krystan Mackert</b>

<b>Tuesday</b>	<b>Class</b>	<b>Instructor</b>
<b>5:00-5:45 AM</b>	<b>XR HIIT</b>	<b>Brandon High</b>
<b>5:30-6:15 PM</b>	<b>XR Strength</b>	<b>Brandon High</b>
<b>6:30-7:15 PM</b>	<b>XR HIIT</b>	<b>Brandon High</b>

<b>Wednesday</b>	<b>Class</b>	<b>Instructor</b>
<b>5:00-5:45 AM</b>	<b>XR Strength</b>	<b>Krystan Mackert</b>
<b>5:00-5:45 PM</b>	<b>XR HIIT</b>	<b>Krystan Mackert</b>
<b>6:00-6:45 PM</b>	<b>XR Core</b>	<b>Krystan Mackert</b>

<b>Thursday</b>	<b>Class</b>	<b>Instructor</b>
<b>5:00-5:45 AM</b>	<b>XR HIIT</b>	<b>Brandon High</b>
<b>5:30-6:15 PM</b>	<b>XR Strength</b>	<b>Brandon High</b>
<b>6:30-7:15 PM</b>	<b>XR HIIT</b>	<b>Brandon High</b>

<b>Friday</b>	<b>Class</b>	<b>Instructor</b>
<b>5:00-5:45 AM</b>	<b>XR Strength</b>	<b>Brandon High / Krystan Mackert</b>

<b>Saturday</b>	<b>Class</b>	<b>Instructor</b>
<b>7:00-7:45 AM</b>	<b>XR HIIT</b>	<b>Brandon High</b>
<b>8:00-8:45 AM</b>	<b>XR Endurance</b>	<b>Brandon High</b>

<b>Sunday</b>	<b>Class</b>	<b>Instructor</b>
<b>3:00- 4:00 PM</b>	<b>XR Yoga</b>	<b>Sara Bowman</b>

**XR STRENGTH**- XR Strength is our featured training option, and is designed to get you strong, burn fat, build lean muscle, and make you look and feel great! We follow a Daily Undulating training model, getting you under the barbell often, and utilizing many other great tools in training. Each session will include mobility work and a series of strength exercises scaled to your ability level. We will lift heavy, increase your heart rate, and have you performing at your highest ability level.

**XR HIIT**- Our Signature Rowing session combines high intensity rowing intervals with metabolic strength training circuits utilizing body weight, suspension training, db's, kb's, med balls, and barbells! In just 45 minutes, participants will build lean muscle while burning upwards of 700 calories, not including the afterburn. This is the perfect weekly compliment to XR Strength.

**XR CORE** - Your bodies `Core` is so much more than just your stomach! It includes your back, your sides, your glutes, your upper legs, and even some muscles you can't see. It is multi-functional in that it is used in rotation, stabilization, anti-rotation, flexion, and extension! In XR Core, we incorporate all of those movements and combine them into conditioning circuits using the Concept 2 Rower! These 30 minute sessions will rapidly burn calories and tone your `core`, leaving you feeling strong and looking lean! This weekly session is a great supplement to our Training for Warriors Strength Program!

**XR ENDURANCE** - This 35 minute workout is all about long duration Rowing. It includes a warm-up and long duration intervals on the Erg, helping to build more aerobic power and capacity. A great way for trainees to get more practice time on the Rower and a great supplement to Training For Warriors and XR HIIT!

**XR YOGA** - XtremeYoga will be a high-energy, Yoga based workout that will include dynamic flexibility and mobility work, core strengthening, and full body engagement. Flowing with the breath will increase lung capacity, mental focus, and inner calm. Sessions will end with deep stretches designed to release tension and increase range of motion.

**No. 624**

**WAKE UP. DOMINATE.  
SLEEP REPEAT**