

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	TBC Coach Trey Levels 2-3	TBC Coach Trey Levels 2-3	BeneBoxing Coach Trey Levels 2-3	TBC Coach Rick Levels 2-3	BeneBoxing Coach Trey Levels 2-3
9:00 AM	Stretch & ROM Coach Trey Levels 2-3	BeneBoxing Coach Trey Levels 2-3	Stretch & ROM Coach Trey Levels 2-3	BeneBoxing Coach Rudy Levels 2-3	Stretch & ROM Coach Trey Levels 2-3
10:00 AM MAIN GYM	Functional Movement Coach Trey Levels 1-2-3	Strength & Stabilize Coach Rudy Levels 1-2-3	Functional Movement Coach Trey Levels 1-2-3	Stretch & ROM Coach Trey Levels 1-2-3	TBC Coach Trey Levels 1-2-3
10:00 AM BOXING ROOM	BeneBoxing Coach Rudy Levels 1-2-3	BeneBoxing Coach Trey Levels 1-2-3	BeneBoxing Coach Rudy Levels 1-2-3	BeneBoxing Coach Rudy Levels 1-2-3	BeneBoxing Coach Rudy Levels 1-2-3
11:00 AM MAIN GYM	Strength & Stabilize Coach Rudy Levels 1-2-3	Functional Movement Coach Trey Levels 1-2-3	TBC Coach Rudy Levels 1-2-3	Strength & Stabilize Coach Rudy Levels 1-2-3	Functional Movement Coach Rudy Levels 1-2-3
11:00 AM BOXING ROOM	BeneBoxing Coach Trey Levels 1-2-3	BeneBoxing Coach Rudy Levels 1-2-3	BeneBoxing Coach Trey Levels 1-2-3	BeneBoxing Coach Trey Levels 1-2-3	BeneBoxing Coach Trey Levels 1-2-3
12:00 PM		Stretch & ROM Coach Trey Levels 1-2-3			
1:00 PM	TBC Coach Trey Levels 1-2	BeneBoxing Coach Rudy Levels 1-2	Strength & Stabilize Coach Trey Levels 1-2	BeneBoxing Coach Rudy Levels 1-2	Stretch & ROM Coach Trey Levels 1-2

RESERVATIONS ARE REQUIRED FOR CLASS PARTICIPATION (Can be made up to 14 days in advance)

Reservations can be made on the website, phone app, or at the front desk. You can call (623) 584-0065 to make or check reservations.

**Members arriving more than 10 minutes late to class will be required to reschedule.**

## CLASS DESCRIPTIONS:

**BeneBoxing**- This fun and engaging work out promotes eye-hand coordination, balance and stability, improves body and spatial awareness, and boosts confidence through the use of combination drills and progressive routines.

**TBC** – (Total Body Conditioning) This class is the perfect trifecta that incorporates cardiovascular training, muscular resistance training and core development. Members will move throughout interval stations designed to engage the entire body.

**Functional Movement** – This class works on balance and stability as well as flexibility and joint range of motion. Members will learn spatial and body awareness and how to mitigate injury should a fall occur. Exercises include promotion of agility, coordination, and basic body mechanics.

**Stretch & ROM** – This class is focused on muscle elongation and joint range of motion (ROM). Members will be guided through deep diaphragmatic and deep lung breathing to aid in relaxation and muscle elasticity.

**Strength & Stabilize** – This class is designed to improve muscular strength, endurance, and stabilization. Members will have stability of sitting in a chair during this class yet will have the option to stand. All primary muscle groups will be targeted in this class and will engage the entire body.

## CLASS LEVELS:

**Level 1** – This level is best designed for participants with significant mobility challenges. Participants are unable to get to the floor independently and may or may not be able to stand. Participants require more focused coaching and require a chair for exercise.

**Level 2** – This level is best designed for participants with moderate mobility challenges. Participants are unable to get to the floor independently but may stand for at least 10 minutes unassisted. Chair exercises are optional and moderate coaching is required.

**Level 3** – This level is best designed for participants with little mobility challenges. Participants are able to get to the floor independently and may perform floor exercises. Participants are able to stand for at least 15 minutes unassisted. Chair exercises are optional and general coaching is required.

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ALL CLASSES ARE 45-MINUTES IN LENGTH

*All classes at Benefitness are designed to celebrate each members' strengths and unique abilities. Each coach is nationally certified and is carefully vetted to ensure that classes are led with encouragement, positivity, and compassion. Benefitness strives to promote quality of life and improved wellbeing in a bright, energetic and fun class that is member centered.*

**Members arriving more than 10 minutes late to class will be required to reschedule.**