

Functional Fitness

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
A	B	A	B	A	B	A	B	A	B	A	B	A	B
6:00-6:45am HIIT the Deck Alexis		6:00-7:00am HIIT the Deck Jen B		6:00-7:00am Move It Sissy		5:00-5:45am Move It Jen B							
				7:00-7:20am Core Control Sissy		6:00-7:00am Open Gym Sissy				9:00-9:45am TRX Tori	8:30-10:30am Open Gym Kate	9:30-11:00am Open Gym Andy	
9:30-10:30am Move It Sandy		10:00-10:30am TRX Sandy		9:15 10:00am TRX Sandy		10:15-11:15am HIIT the Deck Tori		9:30-10:30am FF Bootcamp Sandy					
4:30-5:30pm Move It Marianne		4:30-5:15pm HIIT the Deck Alexis		4:30-5:25pm HIIT the Deck Marianne									
5:30-6:00pm Core Control Marianne		5:45-6:30pm Move It Kate		5:30-6:30pm FF Bootcamp Tori		5:30-6:30pm FF Bootcamp Sissy							
		6:30-7:30pm Open Gym Tori		6:45-7:30pm Open Gym Alexis		6:30-7:30pm Open Gym Andy				<p>This schedule is subject to change. Please see our website for the most up-to-date schedule www.courtjesterac.com. If you have any questions or comments, please feel free to contact us at info@courtjesterac.com.</p> <p>Effective 8/27/18</p> <p>COURT JESTER ATHLETIC CLUB</p>			

Open Gym: During these hours please come enjoy free time and personal work outs In our new state of the art Functional Fitness Center. To help everyone achieve the best possible workout and ensure safety, there will be a certified trainer in there at all times.

FF Bootcamp: This class is a functional training Bootcamp that helps build and maintain body strength and endurance that can be applied to every day life. With an emphasis on strength, respiratory and flexibility, the benefits of this class are endless.

Circuit Training/Open: During this time a certified Functional Fitness trainer will really challenge and inspire you to Escape Your Limits. The rooms will be set in various circuits utilizing sleds, ropes, tires, corebags and more. Come move your body and build strength through this variety of intense intervals.

TRX: TRX is a form of suspension training that uses bodyweight exercises to develop strength, balance, flexibility and core stability simultaneously.

Move It: Designed to achieve the maximal post exercise benefits of HIIT training, developing rest aerobic and anaerobic capacity to new levels. Varied high intensity functional fitness training will engage all members of every fitness level. You move through a series of work out zones, with intervals, new and fun equipment and exercises chosen to challenge energy systems While developing total body, functional strength and endurance.

HIIT the Deck : We are proud to bring you a program that has never before been released in the USA. Court Jester is the first gym to certify trainers and bring you this exciting and dynamic class. HIIT the Deck works great as an introduction to functional fitness. It includes exercises and workouts that embrace cardio, strength, and plyometrics to give you a fantastic whole body experience.

