

DYNAMIC FITNESS CLASS SCHEDULE

* ABOUT OUR CLASSES

Certified personal trainers teach our fun group exercise classes! Our classes have motivating music, like-minded people, and a personal trainer that demonstrates every move and walks around to make sure each participant is using correct form and technique. The trainer provides instruction and motivation to help you accomplish more. Our classes are structured so that each individual can tailor the level of resistance—beginners and advanced are welcome at every class. Our classes are designed to work different muscles in different ways on different days! Our back-to-back classes on Mondays, Wednesdays, Thursdays, and Fridays are excellent ways to get extra fitness without extra trips to the gym!

Monday	9:30 am 6:30 pm 7:00 pm	Boot Camp Pilates Sculpt
Tuesday	9:30 am 6:30 pm	Sculpting Cardio
Wednesday	9:30 am 6:30 pm 7:30 pm	Cardio Kickboxing Full Body Strength Hot Yoga Flow
Thursday	6:30pm	Boot Camp Fitness
Friday	9:00 am 9:30 am	Fab Abs Sculpt
Saturday	8:30 am	Open Gym

BRYAN SAYS

Frankly, these shouldn't even be called "classes," since you might get the impression that we are like the other places that have classes. Nothing could be further from the truth: These classes are the most advanced, top-notch fitness training sessions in Northeast Ohio. (Have you seen the results section of our website?) Better workouts give better results! If you are looking for

average classes, average instructors, and average results, there are plenty of places waiting to take your money or lock you into a contract. When you are ready to get serious about your health, we will be here to take care of you

We do not repeat any class format from week to week: every kickboxing class, every sculpt class, every core class, will be different

than the one before it. This prevents plateau and boredom. There's a reason our customers remain loyal for years: we are always changing things up! Keeping your muscles confused is what keeps your body in shape.

For a week of free classes call us at 440-878-BFIT and ask to speak to Bryan.

All fitness classes are awesome, and work best when attended frequently. There's a synergy to the sequence of our classes: The human body needs a variety of challenges (cardio, strength, core, flexibility always performed in a different way) to give the best results, and as such, it's best to attend as many classes as possible, as frequently as possible. Please remember, nutrition is an essential part of results. Dynamic Fitness will give you a phenomenal workout—and your recovery from the sessions are what determine results. This is why nutrition coaching is just one more thing that sets us apart from everyone else. We want the best health for everyone.

Special seminars, educational opportunities with our medical partners, customer appreciation days, field trips, nutrition lectures, free personal training days, bonus upgrades, discounts, and lots of guidance, support, and smiles are always free of charge to our members.

CLASS DESCRIPTIONS

SCULPTING/SCULPT

An innovative muscular conditioning session that uses dumbbells and your own body weight for resistance. The format focuses on compound exercises that produce rapid results. This class will help tone your muscles and raise metabolism. Our most popular class! 45 minutes

GENERAL FITNESS

A little bit of anything and everything...no better way to start your Friday mornings!

WOMEN'S BOOTCAMP (MONDAY)

Every Monday morning kick start your week with some kickboxing, core work, and strength training. Your heart rate will be up as your fat melts away! Fun for all levels of fitness! (Please bring boxing gloves if you have them) 45 minutes

KICKBOXING

Our most intense group training session! Punches and Kicks against a heavy bag (and sometimes the air) will help your body blast fat while having a lot of fun! This is not your average kickboxing class--every instructor has taken Bryan McIntosh's kickboxing classes and teaches a lot like him. McIntosh has 4 black belts and redefined cardio kickboxing to provide better results than you've ever imagined! (Please bring boxing gloves if you have them) 45 minutes

PILATES/FAB ABS

Dynamic Fitness Group's legendary core-training events provide your body with an awesome ab-blasting routine to keep you slimmer and harder right where you need it most! Will effectively target your abs to help develop your upper, mid, lower and oblique muscles (love handles). This routine will strengthen and firm your abdominal muscles to aid in waist reduction and give your abs that six-pack look. In addition to reducing your body fat, this session will help reshape your abdominal wall to give you a slimmer appearance in just a few weeks! 30 minutes

CARDIO

This session is all about blasting fat. It might be kickboxing, it might be plyometrics, it might be Bryan's Dirty 30 Cardio format, it might be something you've never done before--but it will be a kick-butt fat-blasting workout! 45 minutes

FULL BODY STRENGTH

Get pumped up for Dynamic's own specialty sculpting workout. Lunge, press, squat and row your way to a fitter self! Each participant will use barbells with adjustable weight plates and a step (bench) to increase their resistance load and push muscles to their limit. 45 minutes

SATURDAY BOOTCAMP

This is one full body workout that changes things up! Start your weekend with our eclectic mix of full body training to include core conditioning, leg training, upper body strengthening, abdominal toning and cardiovascular plyometric blasts! Something very different! 45 minutes

FLOW YOGA

If you like a challenge but within your individual needs, this is the class for you! You will flow into a series of postures using your breath at a steady but calm pace. Through these movements you will promote the strengthening of the muscles and joints of the body in a kinder and gentler way, along with gaining flexibility, focus and balance of the mind body and breath creating an overall tranquility. Yoga promotes the health of all the body systems and increases balance, strength and flexibility; it also provides relaxation and focus, leaving one feeling refreshed and renewed. 45 minutes

HOT YOGA FLOW

This class focuses on mindful and fluid flow of poses while linking movement with breath. Class is sequenced to build strength, improve flexibility and balance, and help reduce stress. Mild inversions are incorporated into the flow. Great for beginners to avid yogis, instructor offers modifications to all levels. Practiced in a heated room of eighty degrees to allow full potential. Please bring a yoga mat, a large bath towel, and water.