



GROUP WORKOUT SCHEDULE

469 EAST MAIN ST.,
BRANFORD, CT 06405
(203) 871-1441

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOOST 5:00 AM	ULTRA 5:00 AM	BOOST 5:00 AM	ULTRA 5:00 AM	BOOST 5:00 AM	ULTRA 7:00 AM	BOOST 8:00 AM
ULTRA 6:15 AM	BOOST 6:15 AM	ULTRA 6:15 AM	IGNITE 101 6:15AM	ULTRA 6:15 AM	ULTRA 8:00 AM	ULTRA 9:00 AM
BOOST 9:00 AM	IGNITE 101 9:00 AM	BOOST 9:00 AM	ULTRA 9:00 AM	BOOST 9:00 AM	BOOST 9:00 AM	
	ULTRA 10:00 AM		BOOST 10:00 AM		IGNITE 101 10:00 AM	
ULTRA 4:45 PM	BOOST 4:45 PM	IGNITE 101 4:45 PM	ULTRA 4:45 PM	BOOST 4:45 PM		
BOOST 6:00 PM	ULTRA 6:00 PM	BOOST 6:00 PM	ULTRA 6:00 PM	IGNITE 101 6:00 PM		
ULTRA 7:00 PM	BOOST 7:00 PM	ULTRA 7:00 PM	BOOST 7:00 PM			

Ignite 101 - Class Time: 40 min

New to exercise or returning after some time away? This is where you want to start! The Ignite 101 workout will introduce you to our state of the art equipment and workout concept. Using rowers, bikes, ski ergs, and a turf area you will get an energy infused workout all while going at a pace and intensity that will build your foundation and prepare you safely for Ignites more advanced workouts. Mix in our wearable effort monitoring technology and you will see in real time how hard you are pushing. Watch yourself get fitter and fitter each and every workout!

Boost - Class Time: 45-50 min

Our Boost workout will build off the foundation of endurance and fitness you've created from the ski ergs, rowers, and bikes in the 101 workout. The intensity of each circuit in Boost will increase and our effort monitoring technology will automatically adjust as you get more fit so you know when to push harder each session! On the Turf area is where things really RAMP UP. More advanced core exercises to build a rock solid mid section, advances in our lunges, squats and MB circuits will keep your body guessing and bust through any plateaus! Here is where your intensity will now be high enough to keep burning calories even after you leave!

Ultra - Class Time: 50-55 min

Prepare to become the fittest you've ever been after experiencing our Ultra workout sessions! Many of the sessions will use more of the effort monitoring technology as a guide during the workout so we can pinpoint your exact effort level and keep pushing the pace. You will build off the Boost circuits intensity and fuse more dynamic combinations that give a total body workout like never before. What truly separates Ultra from our other sessions is the 5-6 minute ending we call "The Cyclone". Ultra is the only Ignite session where this unique ending takes place and it will test your endurance, stamina, and will. It will not be uncommon to burn upwards of 800-1000 calories during an Ultra session and that caloric burn will continue well after you leave!



During your workouts we use the latest and greatest technology to monitor EXACTLY how hard you are working in real-time. We can adjust your workout on-the-fly to MAXIMIZE your results, quicker than ever before. You'll get summaries of your workouts sent directly to your phone, and you can track ANY activity you do outside of R3 Fitness too! Purchase your MyZone online at r3fitness.com