

FORCE OF NATURE FITNESS GUIDE – LIV FITNESS CONDADO

AIR

CONTROL YOUR BODY AND MIND.

ASSET MANAGEMENT: This 50 minute format caters to those areas we all want to get firmer – toned thighs, lifted butts and slender hips. Accentuate your new rearview with powerful and effective glute exercises.

Bbarreless: It's about connecting your mind to the body, so that you not only strive to move with precision but also have FUN. Classic barre exercises have been adapted to be performed in the center of the room either standing or on the floor. You will challenge the core for balance and total body proprioception.

BOOTYBARRE SCULPT: This dynamic total body workout features our cutting edge BootyBarre Cuff which helps you experience fluid movement and seamless flow combined with functional strength and flexibility.

MAT PILATES: Strengthen and lengthen with a series of mat moves, all starting at your core. Your instructor will guide you through steady, dynamic movements that deeply shape your "powerhouse" (your abs and lower back), sculpt long, graceful limbs, and restore your overall balance for a look that's slim yet strong.

RIPPED ABS: Everyone wants those amazing and well-defined 6-pack abs. You have found the right place for some great abdominal workout routines. This LIV exclusive class contributes to overall core strength. Hit 'em hard abdominal work firming up transverse, oblique, and rectus abdominals.

HATHA YOGA Hatha yoga is based on an old system that includes the practice of yoga postures and breathing exercises, helping to bring peace to the mind and body.

VINYASA YOGA: Your body and mind will be taken on a journey in this dynamic form of yoga, which fluidly connects asana movements with your conscious breath for maximum energy flow and improved strength, flexibility, and coordination.

EARTH

THE BIGGER THE MASS, THE STRONGER THE PULL.

CHAIR O' GRAPHY: is a choreo based class that will get your heart pumping and your soul grooving as each week we dance and sweat in the most fabulous way.

COMBAT INSANITY: Jab, punch, ick, and try not to KO in this full throttle combat class. Move with the confidence you need to achieve your fitness goal, build endurance, and kick some class. Whether you're an athlete or a cardio novice, LIV the fight.

FleXco: Get ready to sculpt with double the efficiency by fusing hot latin moves with intelligent training tools. XCO weights filled with granules receive your energy and throw it right back to you, while the vibration technology in flexi-bar activates voluntary and involuntary muscles to work the body as one unit instead of separate parts.

KBELL JAM: Participants will develop the skill to successfully perform kettlebell lifting techniques. As you master the skill of using your entire body to move a KBell weight, you will see tremendous improvements in your core strength.

POUND: Using Ripsstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out by channeling your inner rock star with this full body cardio-jam session inspired by the infectious and sweat-dripping fun of playing the drums. This exhilarating full-body workout combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

TRX & CROSS TRAINING: This body busting resistance training class will make you flex from head to toe like no stationary weight lifting can. Using a system of resistance bands in a 55 minute circuit that works your body like an interconnected steel chain of muscles.

XCO ATHLETICS: A high interval intensity program that combines areas of cardio, endurance, circuit training, strength and flexibility to effectively give you a total body workout in minimal time. With the use of XCO trainers, you will be able to increase your heart rate while generating collagen for connective tissue

XCO LATIN BY JACKIE: XCO uses the technical dynamics developed by German physicist to maximize every movement, while causing minimal strain on the body. XCO weights are filled with granules that receive your energy and throw it back to your arm!

ZUMBA FITNESS: Join the cardio party and leave the world behind! Laugh off the calories and dance like no one is watching. Our top instructors will make sure that these easy to follow Latin steps move, shake and drop you fit.

WATER

PUSH, PULL, POWER.

KNOCKOUT CYCLING: You'll strengthen and tone every single muscle in your body with the use of 2-3lb dumbbells: legs, arms, core, front, back, under, over. Exercises are designed in a format that keeps the heat pumpin' and complimentary muscle groups working the entire time.

RHYTHM RIDE CYCLING: Uplift your soul with this inspiring full body workout. Music will guide your spirit in this 45mn class. This interval class is coached with heart pumping music. It will transform you to feel a little more and think a little less.

RIDE OR DIE CYCLING: Fueled by hot music, high energy, and plenty of stamina, this class will help you discover what you are really made of. If you live life on the edge, you will join us and rise to the challenge.

TABATA CYCLING: Challenge every cell of your body with this intense high interval class. It combines intensity intervals of cardio and strength. The intensity bouts last only 20 seconds but these 20 seconds will be the hardest effort you can muster. We guarantee that you will get stronger and fitter with every pedal stroke.

VICIOUS CYCLING: Cruise through a series of flat roads, hills and mountain road climbs in this interval 45 minute class designed to target heart rate zone of 65%-92%. Feel the connective energy we collect as you will feel what it is like to ride in a pack.

FIRE

BE THE FORCE, NOT THE WEAK.

CAGE FITNESS: Based on the structure championship MMA bout, this class will give you a total body workout over 5 minute rounds. The key element that Cage Fitness focuses on are endurance, power and core. All of this is accomplished through our 5 round fitness system and the use of a 25lb dummy **CROSS SKLZ:** This LIV exclusive class is an effective way to get fit. Led by our LIV Personal Trainers, you will get a full body workout through a wide variety of high intensity training, functional movements and combined aspects of gymnastics, weightlifting, and running.

FORTIUS RUNNING: Blast away fat and calories with this class of internal cardiovascular routines for Treadmill, Strength Training, Free Weights and TRX among others. Our philosophy is to constantly "shock" the body in order to improve the cardiovascular system. Train for a 5k or a marathon with this exclusive LIV class.

GUN-eX: Develop your inner terminator with this high intensity workout that causes a rapid firing of the neuro-muscular system to improve speed, strength, stamina and agility. Gun-eX combines heavy elastic power ropes to produce the world's best and most effective training methods.

METCON 9X3: Are you ready for the hardest, heart pounding, calorie torching, gut melting, total body transformer you've experience at LIV? Turn your metabolism on overdrive through Metabolic Conditioning. This LIV Exclusive class focuses on speeding your metabolism by training all 3 metabolic systems in your body.

STRIKE IT: Takes a unique approach to fitness focusing on a total body workout which aims to improve strength, coordination, balance, aerobic fitness, speed and flexibility. Through this combination of basic boxing and kickboxing moves, your mind won't have time to wander as it turns into a calorie burning machine.

PURGATORY: Looking to spice up your strength training routine? Boost your conditioning and confidence to the next level in this high intensity class. You're cardiovascular and muscular fitness will be challenged in this circus-style class incorporating calisthenics, free weights, plyometric, and an assortment of equipment for a variety of exercises in each session..

MON	TUE	WED	THU	FRI	SAT	SUN
6:00AM <u>TRX CROSS TRAINING</u> MARIE	6:00AM <u>XCO LATIN BY JACKIE</u>	6:00AM <u>CAGE FITNESS</u> MARIE	6:00AM <u>FLEXco</u> SARAI	6:00AM <u>RIPPED ABS</u> MARIE	8:00AM <u>METCON 9X3</u> DOUGLAS	8:30AM <u>FLEXco</u> LUISO
7:00AM <u>CROSS SKLZ</u> RAULY	SARAI 7:15AM <u>VINYASA YOGA</u> ANDRES	7:00AM <u>COMBAT INSANITY</u> ENOC	7:15AM <u>VINYASA YOGA</u> ANDRES	7:00AM <u>VINYASA YOGA</u> ANDRES	9:00AM <u>POUND</u> JOSUÉ	10:00AM <u>VINYASA YOGA</u> ANDRES
7:30AM <u>FORTIUS RUNNING</u> JESSICA	8:30AM <u>XCO LATIN BY JACKIE</u> EUGENIA	7:30AM <u>FORTIUS RUNNING</u> RAFA	8:30AM <u>FLEXco</u> EUGENIA	8:15AM <u>XCO ATHLETICS</u> ROXANNA	10:00AM <u>XCO ATHLETICS</u> ROXANNA	11:30AM <u>TRX CROSS TRAINING</u> MARIE
8:15AM <u>XCO LATIN STEPS</u> ROXANNA	9:30AM <u>GUN-EX BOOTCAMP</u> ANITA	8:15AM <u>CROSS SKLZ</u> CARLOS F.	9:30AM <u>STRIKE IT KICKBOX</u> ANITA	9:15AM <u>BBARRELESS</u> BERNICE	11:00AM <u>MAT PILATES</u> BERNICE	
9:15AM <u>BOOTYBARRE SCULPT</u> BERNICE	10:30AM <u>HATHA YOGA</u> ANDRES	9:00AM <u>ZUMBA</u> ISRAEL	10:30AM <u>ZUMBA</u> LUISIN	10:15AM <u>KBELL JAM</u> VIVIANA	12:00PM <u>BOOTYBARRE</u> ROXANNA	
10:15AM <u>MAT PILATES</u> BERNICE	5:30PM <u>BBARRELESS</u> ROXANNA	10:15AM <u>ASSET MANAGEMENT</u> BERNICE	5:30PM <u>KBELL JAM</u> ROXANNA	6:00PM <u>METCON 9X3</u> DOUGLAS		
5:30PM <u>METCON 9X3</u> DOUGLAS	6:30PM <u>XCO LATIN BY JACKIE</u> EUGENIA	5:30PM <u>METCON 9X3</u> DOUGLAS	6:30PM <u>XCO LATIN BY JACKIE</u> LUISO	7:00PM <u>CROSS SKLZ</u> CARLOS F.		
6:30PM <u>PURGATORY</u> ISRAEL	7:30PM <u>RIPPED ABS</u> SOLIMAR	6:30PM <u>PURGATORY</u> ISRAEL	7:30PM <u>COMBAT INSANITY</u> ENOC			
7:30PM <u>COMBAT INSANITY</u> MARIE		7:30PM <u>ZUMBA</u> ISRAEL	8:30PM <u>CHAIROGRAPHY</u> NATALIA			
8:30PM <u>CROSS SKLZ</u> CARLOS F.		8:30PM <u>VINYASA YOGA</u> JOSAYRA				

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MON	TUE	WED	THU	FRI	SAT	SUN
5:30AM <u>TABATA CYCLING</u> SOLIMAR	5:30AM <u>RIDE OR DIE</u> ARNALDO	5:30AM <u>RHYTHM RIDE</u> ANTONIO	5:30AM <u>VICIOUS CYCLING</u> MARIE	5:30AM <u>KNOCKOUT CYCLING</u> IVETTE	7:30AM <u>RIDE OR DIE</u> ANTONIO	9:00AM <u>VICIOUS CYCLING</u> JOSÉ J.
6:30AM <u>KNOCKOUT CYCLING</u> SARAI	6:30AM <u>VICIOUS CYCLING</u> ANTONIO	6:30AM <u>KNOCKOUT CYCLING</u> SARAI	7:30AM <u>RIDE OR DIE</u> RAUL	7:30AM <u>VICIOUS CYCLING</u> RAUL	8:30AM <u>VICIOUS CYCLING</u> ARNALDO	10:00AM <u>KNOCKOUT CYCLING</u> IVETTE
7:30AM <u>VICIOUS CYCLING</u> RAUL	8:30AM <u>TABATA CYCLING</u> RAUL	8:15AM <u>TABATA CYCLING</u> RAUL	8:30AM <u>VICIOUS CYCLING</u> RAUL	9:15AM <u>RIDE OR DIE</u> ROMI	9:30AM <u>TABATA CYCLING</u> ARNALDO	11:00AM <u>RIDE OR DIE</u> ANTONIO
9:15AM <u>RIDE OR DIE</u> ROMI	5:30PM <u>RHYTHM RIDE</u> ARNALDO	9:15AM <u>VICIOUS CYCLING</u> JOSÉ J.	5:30PM <u>RHYTHM RIDE</u> ARNALDO	6:00PM <u>RIDE OR DIE</u> ROMI	10:30AM <u>RIDE OR DIE</u> IVETTE	
5:30PM <u>VICIOUS CYCLING</u> ARNALDO	6:30PM <u>TABATA CYCLING</u> ALBERTO	5:30PM <u>TABATA CYCLING</u> ALBERTO	6:30PM <u>VICIOUS CYCLING</u> ARNALDO			
6:30PM <u>RHYTHM RIDE</u> ANTONIO	7:30PM <u>RIDE OR DIE</u> JOSÉ F.	6:30PM <u>RIDE OR DIE</u> ALBERTO	7:30PM <u>RHYTHM RIDE</u> ANTONIO			
7:30PM <u>KNOCKOUT CYCLING</u> IVETTE		7:30PM <u>KNOCKOUT CYCLING</u> IVETTE				

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