

FORCE OF NATURE FITNESS GUIDE – LIV FITNESS GUAYNABO

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.

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.

LOW FACTOR: The ideal workout to focus and tone all your lower body goals. You will work on everything from lower back, abdominals, quadriceps to your glutes, hamstrings, adductors and calves while also focusing on dynamic heating, strength training and stretching to the different focus areas.

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.

ASHTANGA YOGA: Ashtanga yoga is extremely popular and inspires fierce loyalty in its students. This vigorous, athletic style of practice appeals to those who like a sense of order and who like to do things independently.

DHARMA WHEEL YOGA: With its unique instrument, the Dharma Yoga Wheel specifically designed to match the contour of the spine and help aide in back bending for everyone.

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.

RESTORATIVE AND RECOVERY YOGA: Restore the body, mind and spirit through this gentle and supported practice. Learn to soften your heart and connect to your breath. You will move and stretch in a way that cleanses the body of stale energy.

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 you fitness goal, build endurance, and kick some class. Whether you’re and athlete or a cardio novice, LIV the fight.

COMBUSTION: Performed to music using free weights, plates, barbells and an aerobic step. Participants choose their weights based on the exercise and their personal goals. Major muscle groups are worked via series of compound and isolation-based exercises including squats, presses, and dead lifts among others. The focus is towards muscle endurance using several repetitions.

POLE FITNESS: The perfect empowering fitness alternative that allows for athleticism, self-expression, and letting loose. Enjoy one hour of extreme workouts on the pole that range from beginners to advanced. Never climbed a pole? No problem! We will guide you step by step and will have you doing tricks you’ll want to take home and show off.

POUND: Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rocking’ 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 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.

NY MINUTE RIDE: Is a full body workout cycling class that features muscle sculpting, high intensity cardio, strength training and rhythm based choreography.

RHYTHM RIDE CYCLING: Uplift your soul with this inspiring full body workout. Music will guide your spirit in this 45min 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 hear 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.

ATHLETIX: It’s a complete body workout program with over 119 exercises based around a patented fitness product that is an agility grid and hurdle all in one. Four squares to perform different agility movements with a high intensity workload and minimal rest.

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.

GUNEX: 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.

PEAK POWER: It’s a revolutionary high intensity, full body, strength-training format, featuring 4 blocks of work: Cardio, Lower Strength, Upper Strength and Core. It incorporates a new protocol based approach to full body training.

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.

ROW 2 FIT: A LIV exclusive class designed to perfect your rowing machine skills as well as the primary muscles used with this equipment. Through a series of high intensity rounds and intervals, you will develop muscular and cardiovascular strength and resistance.

SYNERGY ZONE 360°: You know that mean looking, cage like object in the middle of the club? That would be our Synergy360 training Zone. Meet your LIV Personal Trainers for an action packed 20 HIIT – High Intensity Interval Training class where you’ll work hard, smart, and efficient in our total body circuit training class led by your favorite LIV Personal Trainers.

MON	TUE	WED	THU	FRI	SAT	SUN
6:00AM METCON 9X3 ORLANDO	6:00AM GUN-EX ANITA	6:00AM METCON 9X3 EDUARDO	6:00am GUN-eX ANITA	6:00AM CAGE FITNESS ANITA	8:00AM GUN-eX ANITA	9:00AM TRX CROSS TRAINING MARIE
7:00AM HATHA YOGA ANDRES	7:00AM COMBUSTION ENOC	7:00AM VINYASA YOGA JOSAYRA	7:00AM ATHLETIX ANITA	7:00AM COMBAT INSANITY ENOC	8:00AM FORTIUS RUNNING RAULY	10:00AM RIPPED ABS RAULY
8:15AM XCO BOOTCAMP ANITA	7:30AM FORTIUS RUNNING RAFA	8:00AM CROSS SKLZ ALEJANDRO	7:30AM FORTIUS RUNNING RAFA	8:15AM GUN-eX BOOTCAMP ANITA	9:00AM XCO LATIN BY JACKIE WILLIE	11:00AM RESTORATIVE YOGA JOSAYRA
8:30AM SYNERGY ZONE 360° CARLOS F.	8:00AM PURGATORY ELIAS	8:30AM SYNERGY ZONE 360° ELIAS	8:00AM CROSS SKLZ ALEJANDRO	9:15AM ROW 2 FIT CHRISTOPHER	10:00AM CROSS SKLZ CARLOS F. / ALEJANDRO	
9:15AM ZUMBA LUISIN	9:00AM XCO LATIN BY JACKIE SARAI	9:00AM ZUMBA LUISIN	9:00AM LOW FACTOR ELIS	10:30AM POLE FITNESS WANDA	11:00AM VINYASA YOGA JOSAYRA	
10:15AM RIPPED ABS ANITA	10:00AM PILATES BERNICE	10:30AM POLE FITNESS NATALIA	10:00AM PILATES BERNICE	5:30PM GUN-eX BOOTCAMP ANITA	12:30PM POLE FITNESS WANDA	
5:30PM RIPPED ABS ORLANDO	4:30PM PILATES BERNICE	4:30PM ASSET MANAGEMENT BERNICE	4:30PM BOOTYBARRE SCULPT BERNICE	6:00PM SYNERGY ZONE 360° ELIAS		
5:30PM SYNERGY ZONE 360° ELIAS	5:30PM ROW 2 FIT CHRISTOPHER	5:30PM PEAK POWER RAULY	5:30PM ROW 2 FIT CHRISTOPHER	6:30PM COMBUSTION ENOC		
6:30PM XCO LATIN BY JACKIE ANITA	6:30PM CAGE FITNESS MARIE	5:30PM SYNERGY ZONE 360° ORLANDO	6:30PM COMBAT INSANITY MARIE			
7:30PM PEAK POWER RAULY	7:30PM POUND JOSUÉ	6:30PM XCO LATIN BY JACKIE LUISO	7:30PM CROSS SKLZ CARLOS F. / ALEJANDRO			
8:30PM VINYASA YOGA ANDRES	8:30PM POLE FITNESS NATALIA	7:30PM COMBUSTION MARIE	8:30PM ASHTANGA YOGA ANDRES			
		8:30PM CHAIROGRAPHY NATALIA				

787.946.0948

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URB. PARKSIDE
GUAYNABO, PR 00966



LIV FITNESS CLUBS

MON	TUE	WED	THU	FRI	SAT	SUN
5:30AM <u>VICIOUS CYCLING</u> JOSÉ F.	5:30AM <u>RHYTHM RIDE</u> JOSÉ F.	5:30AM <u>RIDE OR DIE</u> IVETTE	6:00AM <u>VICIOUS CYCLING</u> SOLIMAR	5:30AM <u>TABATA CYCLING</u> SOLIMAR	8:30AM <u>VICIOUS CYCLING</u> JOSÉ F.	10:00AM <u>TABATA CYCLING</u> MARIE
6:30AM <u>RIDE OR DIE</u> ANITA	6:30AM <u>TABATA CYCLING</u> SOLIMAR	6:30AM <u>VICIOUS CYCLING</u> EDGAR	7:00AM <u>RHYTHM RIDE</u> ANTONIO	9:15AM <u>VICIOUS CYCLING</u> ANITA	9:30AM <u>RHYTHM RIDE</u> ALBERTO	11:00AM <u>RIDE OR DIE</u> ONY ALVAREZ
9:15AM <u>NY MINUTE RIDE</u> ONY	8:30AM <u>VICIOUS CYCLING</u> ROMI	8:45AM <u>RIDE OR DIE</u> ROMI	8:30AM <u>RIDE OR DIE</u> ONY	6:00PM <u>RHYTHM RIDE</u> ANTONIO	10:30AM <u>TABATA CYCLING</u> ALBERTO	
5:30PM <u>VICIOUS CYCLING</u> ALBERTO	5:30PM <u>RHYTHM RIDE</u> SARAI	5:30PM <u>TABATA CYCLING</u> ROMI	5:30PM <u>TABATA CYCLING</u> ALBERTO			
6:30PM <u>TABATA CYCLING</u> ALBERTO	6:30PM <u>VICIOUS CYCLING</u> JOCHE	6:30PM <u>VICIOUS CYCLING</u> JOCHE	6:30PM <u>VICIOUS CYCLING</u> ALBERTO			
7:30PM <u>RHYTHM RIDE</u> ROMI	7:30PM <u>TABATA CYCLING</u> MARIE	7:30PM <u>RIDE OR DIE</u> ANTONIO	7:30PM <u>RIDE OR DIE</u> ELIS			

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