

**\$199**

members

**8 week session**

\$239 non-members

Less than  
\$25 per  
week!

# INTENCITY FITNESS™

Are you interested in building **lean muscle** and **core stability** while improving your cardiovascular endurance, balance and flexibility? Do you enjoy working out and training in a **high energy, upbeat, invigorating atmosphere**? If your answer is yes, then INTENCITY FITNESS is for you.

Come experience this unique, group fitness setting where giving it your all is the name of the game. A variety of workouts are offered to help you breakthrough a plateau, get to the next level and unleash your fitness potential. Participants of all fitness levels are welcome. Remember: there is no pause button, just an INTENCITY switch.

## January 9 – March 3 Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 – 6:15 am Hard Core + RED ZONE	5:30 – 6:00 am 30 n' Go + RED ZONE	5:30 – 6:15 am TRX® + RED ZONE	5:30 – 6:00 am 30 n' Go + RED ZONE	5:30 – 6:15 am That's B.S.! + RED ZONE	
					9:00 – 10:00 am Super Circuit
9:30 – 10:15 am That's B.S.! + RED ZONE	9:30 – 10:15 am Critical Cardio	9:30 – 10:30 am Super Circuit	9:30 – 10:15 am Hard Core + RED ZONE		
					10:00 – 10:45 am TRX® + RED ZONE
11:45 – 12:15 pm 30 n' Go + RED ZONE		11:45 – 12:15 pm 30 n' Go + RED ZONE		11:45 – 12:15 pm 30 n' Go + RED ZONE	
5:15 – 6:15 pm Super Circuit		5:15 – 6:00 pm That's B.S.! + RED ZONE	5:15 – 6:15 pm Super Circuit	5:15 – 6:00 pm Hard Core + RED ZONE	
6:15 – 7:00 pm Hard Core + RED ZONE		6:15 – 7:00 pm Critical Cardio	6:15 – 7:00 pm TRX® + RED ZONE		

+ RED ZONE = Optional 10 – 20 minutes of continuous cardio immediately following the scheduled workout.

## Hard Core

A one of a kind workout designed to define and tone your body from head-to-toe from the inside out. A unique and challenging way of using mainly your body weight with a few props for resistance. Get lean muscles without the bulk. Hard Core: “it’s core and so much more.”

## Super Circuit

Get a total body workout experience with Super Circuit. This high energy, effective interval training combines athletic conditioning movements with strength, stabilization and cardio exercises. Results from this style of high/low strength and stamina training are remarkable. WARNING: These upbeat workouts are very addictive.

## Critical Cardio

Ready to start moving? This invigorating workout will not only get you to, but also keep you in your fat burning zone. Training combines basic cardio equipment (treadmill, bike, etc.) with continuous movement exercises (agilities, calisthenics, drills, etc.) Experience an endorphin high like no other while en route to superior cardio fitness.

## That’s B.S.!

It’s time to lift. Body Strength (B.S.) brings the best weight room exercises to the group fitness setting. You choose the weight, we choose the reps. This workout will push you to the limit and leave you begging for more. Be prepared to work! Here we go!

## 30 ‘n’ Go

Want a great workout but don’t have the time? Look no further. This efficient ‘to the point’ training session will get the job done so you can be on your way. Anything in the INTENCITY FITNESS arsenal is fair game with this workout. TRX®, weights, cardio, horizontal training, and circuit training are just some of the possibilities. Regardless of what the instructor has planned for your session, count on getting an amazing workout in 30 minutes.

## TRX®

Suspension training. A revolutionary method of leveraged body-weight exercise. Hundreds of exercises that build power, strength, flexibility, balance, mobility and core stability. Won’t be long before you’re hooked on this style of training and the results that follow.



**PROVENA** Saint Joseph

**Inwood Athletic Club**  
A Joliet Park District Facility

3000 West Jefferson Street Joliet Illinois 60435 **Questions?** Email [intencityfitness1@hotmail.com](mailto:intencityfitness1@hotmail.com)

**LIFE IS A SPORT WORTH TRAINING FOR**