



## Small Group Class Schedule

TIME	Monday Full Body	Tuesday Upper Body	Wednesday Metabolic Circuit	Thursday Lower Body	Friday #FYF	Saturday Metabolic Circuit	Sunday
Morning	8:30-9:30am	8:30-9:30am	8:30-9:30am	8:30-9:30am	8:30-9:30am	8:30-9:30am	CLOSED
Morning	9:30-10:30am	9:30-10:30am	9:30-10:30am	9:30-10:30am	9:30-10:30am	9:30-10:30am	CLOSED
						11:00-12:00 Youth	
Evening	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	12:00-1:00pm	
Evening	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30 Youth		
Evening	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm			
Evening	7:30- 8:30pm	7:30- 8:30pm	7:30- 8:30pm	7:30- 8:30pm			

*Classes are subject to change, other times are available by appointment only. Contact us - P: 917.517.6616 / E: [hello@legacystrength.com](mailto:hello@legacystrength.com) / W: [legacystrength.com](http://legacystrength.com) / Address: 222 Jericho Turnpike, Floral Park, NY 11001*



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Class Descriptions	
<b>Full Body</b>	This session leaves no muscle group unturned. We hit a mix upper, lower and cor exercises for a full body hit to start the week. We finish light conditioning like jump core. Exercises include squats, lunges, pushups, rows, core work.
<b>Lower Body</b>	Leg Day! Your lower body is about half of your body weight and needs to be trained regularly. This is high calorie burning, strength training workout day. Exercises include squats, deadlifts, KB swings, lunges.
<b>Metabolic Circuit</b>	This is our fast paced circuit day. Be prepared to be out of breath and feeling warm. The quick pace ramps up your metabolism and leave you burning calories for hours after! Exercises include burpees, planks, band exercises, core work.
<b>Upper Body</b>	Time to work those guns! Here we work a lot of detail on upper body exercises to get you stronger and looking great in sleeveless. Exercises include pushups, pullups, core work, row variations.
<b>#FYF</b>	A.K.A. Eff You Friday - This is one of our most intense and challenging sessions of the week where anything goes. You never know what to expect on Friday's!

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