


Gifted Bodies Functional Fitness - Newark

	Mon	Tues	Wed	Thurs	Fri	Sat
6am	Boot Camp	Boot Camp	Boot Camp	Boot Camp	Boot Camp	
10am	Cardio Kick Boxing	Latin Heat Zumba	Cardio Kick Boxing	Latin Heat Zumba	Cardio Kick Boxing	Boot Camp
11am	Boot Camp	Cardio ABs	Boot Camp	Cardio ABs	Boot Camp	
12pm	Lunch Break ABs	Lunch Time Yoga	Lunch Break ABs	Lunch Time Yoga	Lunch Break ABs	Latin Heat Zumba
6:30pm					Boot Camp	
7:30pm	Boot Camp	Boot Camp	Latin Heat Zumba	Boot Camp		
8:30pm	Latin Heat Zumba	Latin Heat Zumba	Cardio Dance	Latin Heat Zumba		

Boot Camp – Do you want a Gym Membership or do you want RESULTS?! Our Boot Camp is GUARANTEED to give you the best results in the shortest amount of time or - **YOUR MONEY BACK**

Latin Heat Zumba – Burn up to 900 calories while you shake up your workout. Experience the energy of dancing to a hot Latin-fused workout!

Cardio ABs – A combination of cardio and AB exercises targeted to give you the firm, tight, and toned stomach you've been dreaming about

Cardio Kickboxing – Train like a Pro! This INTENSE, FAT BURNING! ARM SHAPING! AB SCULPTING! Class will leave you feeling like the champion you really are!

Lunch Break Abs – Spend your lunch time shrinking your waistline instead of watching it grow! Join us for the Ultimate 45 min lunch break!

Lunch Break Yoga – Coming Soon
Cardio Dance – Coming Soon



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