



9301 NE 6th Avenue Miami Shores, FL

www.mpowerproject.com

(305) 758-8600

GYM HOURS: OPEN 7/7
Monday to Friday 5:00am to 10:00pm
Saturday: 7am to 6pm
Sunday: 7am to 5pm

MPOWER MAGIC SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15am - 8:00am Postural Gym	8:15am - 9:00am Body Sculpt	7:15am - 7:45am Killer KettleBell	8:15am - 9:00am Power Pilates	9:30am - 10:00am Body Burn	9:15am - 10:00am Body Sculpt	9:30am - 10:00am Hardcore ABS
8:00am - 8:45am Suspension Training	9:00am - 9:45am Cardio ABS Killer	7:45am - 8:15am Circuit-Training	9:00am - 9:45 BodyChallenge	10:00am - 10:45am Intense Stretch	10:00- 10:30 Hardcore ABS	10:00am - 11:00 BodyChallenge
8:45am - 9:15am BOOTY & ABS	9:45am - 10:15am Stretch	8:15am - 8:45am BOOTY & ABS	9:45 - 10:15 Hardcore ABS		10:30 - 11:00am Stretch	11:00 - 11:30am Stretch
9:15am - 9:45am Circuit-Training		8:45am - 9:30am Stretch				

2 DAY FREE TRIAL PASS - REGISTER NOW !

6:00pm - 7:00pm Cardio Sculpt	6:00pm - 7:00pm LEGS, BOOTY & ABS	6:00pm - 7:00pm LATIN HEAT	6:00pm - 7:00pm ZUMBA
6:00pm - 7:00pm FIT BOXING	7:00pm - 8:00pm YOGA	6:00pm - 7:00pm FIT BOXING	7:00pm - 8:00pm IYENGAR YOGA
7:00pm - 8:00pm Zumba			

- Resistance
- Hvbrid
- Cardio
- Wellness
- Dance

BODY SCULPT	SUSPENSION TRAINING	BOOTY & ABS	HARDCORE ABS
A body sculpting class generally combines cardiovascular, stretching and strength-training exercises to help burn calories, increase flexibility and tone muscles all at once but all that BASED ON MUSIC and RHYTHM !	At the centre of the advantages of suspension training, is its ability to develop muscle stability and strength while simply leveraging gravity and your body weight . Total-body workout in a short time, targeting the core-group; contributing to body-wide strength and stability.	This class is designed with combinations that will leave you feeling the burn Using bands, light weights and high reps you will be on your way to tight toned abs and a well-rounded booty .	This class will concentrate on strengthening your core muscles . Strong core muscle helps us to carry on with our daily physical routines without back pain or injuries. Let's build better core strength for life .

CIRCUIT-TRAINING	HIIT	BOOTCAMP	BODY CHALLENGE
Circuit training is a high volume but low resistance weight workout with 2-3 minute rest intervals involving cardio, and is focused on improving muscle tone and definition while also improving cardiovascular fitness .	HIIT is a full-body workout. The class is a rigorous interval training sequence with high-intensity exercises . It builds cardiovascular fitness while improving muscular strength and endurance. Boost your metabolism !	Basically a type of high-intensity interval training (HIIT) – bursts of intense activity alternated with intervals of lighter activity. A boot camp workout also include functional fitness.	Concept Class designed to have fun with an atypic approach to push your limits ! Break the routine with a huge variety of exercises and workouts that will build team spirit and bring a good competitiveness between participants. Have fun while you workout !

CARDIO SCULPT	CARDIO & ABS	ZUMBA
Cardio Sculpt is a fun, fast-paced fitness class that combines cardio exercises with muscle sculpting exercises.	Killer workout to enhance your cardiovascular system and burn A LOT of calories and focus on strengthening your core to be ready for the beach.	Zumba is a fitness program that combines Latin and international music with dance moves . Zumba routines incorporate interval training. Move to the beat of the music!

POWER PILATES	POSTURAL GYM	YOGA	STRETCH
This class will help you empower to discover your inner strength, transform mind and body . Focusing on breathing techniques, and fitness exercises.	Improve your Posture to enhance longevity and stay injury free as long as you can as you will improve your mobility and fix muscles imbalances .	In this class the basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body. Full-body relaxation and balance are the goals	Stretch classes, as the name suggests, are all about setting aside dedicated time to stretch your muscles. Help your joints move through their full range of motion . Enable your muscles to work most effectively.