# January 2019

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| Yoga 6:15 - 7:15 am  
Stefany  
Rip N’ Ride  
6:15 - 7:15 am  
Jenn  
Boot Camp  
6:15 – 7:15 am  
Tanya  
Cycle 60  
6:15 -7:15 am  
Jenn  
Zumba  
6:15 – 7:15 am  
Mia  |
| Subtle Yoga  
10:30 -11:00 am  
Kathy  
(30 minutes)  
Subtle Yoga  
10:30 – 11:00 am  
Kathy  
(30 minutes)  | Free Play  
Ping Pong  
10:30 – 11:30 am  | Body Sculpt  
9:15 – 10 am  
Jenn  |
| Band It  
11:00 -11:30 am  
Kathy  
(30 minutes)  
Band It  
11:00 -11:30 am  
Kathy  
(30 minutes)  | Power 40  
12:30 - 1:10 pm  
Anthony  | Barre  
10:05-11am  
Maya  |
| Kickbox Fusion  
11:45 -12:30 pm  
Robert  | Pump & Run  
12:00 -1:00 pm  
Robert  | Boot Camp  
12:00 -12:45 pm  
Kiana  | HIIT  
11:45 - 12:15 pm  
Sonia  
(30 minutes)  | Zumba  
11:05 – 12 pm  
Lupe  |
| Express Core  
12:30 -12:50 pm  
Sonia  
(20 minutes)  | Yoga  
12:15 – 1:15pm  
Kymmi  | Power 40  
12:30 - 1:10 pm  
Anthony  | Dance N Stretch  
1:00-1:45pm  
Tanya  | Zumba  
12:20 - 1:15 pm  
Tanya  |
| Rip N’ Ride  
5:00 -6:00 pm  
Margo  | Body Sculpt  
4:30 – 5:20 pm  
Courtney  | Power Pilates  
4:30 – 5:20 pm  
Margo  |  |
| Boot Camp  
6:05 – 7:05 pm  
Courtney/Jasmine  | Cycle 60  
5:25 - 6:25 pm  
Kathy  | Shred  
5:00 - 6:00 pm  
Jenn  | Cycle 60  
5:25 - 6:25 pm  
Margo  | Pump & Run  
4:30 -5:30 pm  
Jenn  |
| Barre  
6:30 – 7:15 pm  
Maya  | Zumba  
6:30 - 7:30 pm  
Tanya  | Yoga  
6:30 – 7:30 pm  
Michael  | Power Soul Training  
5:30 – 6:15 pm  
Tanya  |  |
Class Descriptions

**Band It:** This class is designed to improve balance, strength and mobility with resistance bands and weights all while keeping your heart rate up.

**Barre:** Perform isometric movements using the barre and other exercise equipment to sculpt, slim and stretch.

**Body Sculpt:** A challenging and dynamic whole body muscle conditioning class utilizing free weights, resistance bands and your own body!

**Boot Camp:** Calling all men and women! Join us for a conditioning class that consists of jumping rope, running, kickboxing or callisthenic cardio activities with alternating segments of weight training while utilizing weights or body bars. Are you up for the challenge?

**Butts N’ Guts:** A 30 minute class that focuses on abs and glutes.

**Cycle 60:** An indoor cycling class for every age and fitness level! Great cardiovascular workout, pedal through hill climbs, sprints, and many other challenging drills. All levels are welcome. Remember to bring a water bottle and a towel. Class size is limited to the number of bikes available.

**Dance N Stretch:** An innovative new mind-body format designed to increase strength, flexibility and focus! Find your center as you dance through long, fluid, strengthening and stretching movements to mellow music. Movements are done in place, across and on the floor. All levels welcome.

**Express Core:** On a time crunch? Join us for a quick core workout to strengthen and tone your midsection.

**Kickbox Fusion:** A popular training program that is a fun, action-packed workout that combines martial arts, boxing and dance moves. You get a challenging cardiovascular and full body workout as you kick, punch, block and move in each Cardio Kickboxing class.

**HIIT:** A high intensity interval training.

**Power 40:** An upper body strength, and endurance class for all ages and levels focused on muscle building and body toning

**Power Pilates:** A low impact aerobic workout with a balance of core, stability, and flexibility work!

**Power Soul Training:** A groundbreaking combination of soul line dancing and strength training that uses repetitive movements that progress in difficulty and are dance variations on traditional fitness exercises (squats, lunges, pushups, planks, curls and presses). After a rhythmic warmup, a breakdown, and practice of the moves, you will be ready to POWER SOUL TRAIN!

**Pump & Run:** A fun and challenging combination of cardio and resistance training upstairs on the track. A great way to start the weekend!

**Rip N’ Ride:** Get your cardio and strength training all in one workout! Burn calories and increase lean muscle mass in this hour long workout.

**Shred:** Challenge yourself in this strength and muscle conditioning class that uses bodyweight and fitness tools to work the entire body!

**Yoga:** The practice of yoga uses a variety of postures and breathing exercises to improve posture, balance and coordination. Regular practice gradually increases strength, flexibility and overall health of muscles, organs, joints and the spine. It is also a terrific stress reliever!

**Zumba:** Party yourself into shape with this Latin inspired, calorie burning dance aerobics class. A guaranteed workout for every fitness level.