## GROUP Fitness Schedule

### August 2016

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Cyclone 6:15 - 7:15 am Kathy</td>
<td>Rip N’ Ride 6:15 - 7:15 am Anthony</td>
<td>Boot Camp 6:15 - 7:15 am Staff</td>
<td>Rip N’ Ride 6:15 - 7:15 am Staff</td>
<td>Zumba 6:15 - 7:00 am Lupe</td>
<td>Free Play Ping Pong 10:30 – 11:30 am</td>
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<tr>
<td>Subtle Yoga 10:30 - 11:00 am Kathy (30 minutes)</td>
<td>Subtle Yoga 10:30 – 11:00 am Kathy (30 minutes)</td>
<td>Free Play Ping Pong 10:30 – 11:30 am</td>
<td>HITT 11:45 - 12:15 pm Staff (30 minutes)</td>
<td>Body Sculpt 9:15 – 10 am Courtney</td>
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<tr>
<td>Band It 11:00 - 11:30 am Kathy (30 minutes)</td>
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<tr>
<td>Kickboxing 11:45 – 12:30 pm Anthony</td>
<td>Trackin’ 12:00 - 1:00 pm LaToya</td>
<td>Body Sculpt 12:15 - 12:45 pm Kathy (30 minutes)</td>
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<td>Zumba 11:00 – 12 pm Lupe</td>
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<tr>
<td>Express Core 12:30 – 12:50 pm Staff (20 minutes)</td>
<td>Yoga 12:15 – 1:15 pm Aga</td>
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<tr>
<td>Rip N’ Ride 5:00 - 6:00 pm LaToya</td>
<td>Just Move It! 4:30 – 5:30 pm Margo</td>
<td>Yoga (Stretch) 12:45 – 1:15 pm Kathy (30 minutes)</td>
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<tr>
<td>Cardio Body Sculpt 6:30 – 7:30 pm Courtney</td>
<td>The Cyclone 5:30 – 6:30 pm Kathy</td>
<td>Shred 5:00 - 6:00 pm Jenn</td>
<td>The Cyclone 5:30- 6:30 pm Margo</td>
<td>Pump and Run 4:30 -5:30 pm Jenn</td>
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<tr>
<td>Yoga/Pilates 6:30 – 7:30 pm Kathy</td>
<td>Zumba 6:30 - 7:30 pm Tanya</td>
<td>Yoga 6:30 – 7:30 pm Michael</td>
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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 Fusion:** Perform isometric movements using the barre and other exercise equipment to sculpt, slim and stretch.

**Body Power:** Taught by one of our fitness coaches, this is a 30 minutes high intensity workout that uses interval drills to maximize your heart rate. Recovery periods are brief and a variety of equipment is used to change the focus of the muscle group and minimize repetition.

**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.

**Cardio Body Sculpt:** The ultimate cardio and strength workout! Incorporates interval training to keep your heart rate elevated and gives you a full body workout at the same time. Meant for those looking for a challenge – get ready to work!

**Core and More:** A low impact aerobic workout with the bonus of core, stability and flexibility work!

**The Cyclone:** An aerobics 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.

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

**Just Move It!** An aerobic workout that includes light weights for upper body strength and conditioning, low impact movement for cardiovascular conditioning, and a strong component of floor work for flexibility and muscle toning.

**Kickboxing:** 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.

**Pump and 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!

**Trackin’:** A cardio class based on track drills that focus on agility, coordination, and speed. If improving running/jogging skills is your goal, Trackin’ is the cardio workout you need.

**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.