



March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yoga 6:15 -7:15 am Nadia	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)		Silver Fit Club 10:30 – 11:30 am No Instructor	Shred 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)			Barre 10:05-11am Maya
Kickbox Fusion 11:45 -12:30 pm Robert	Pump & Run 12:00 -1:00 pm Robert	Butts N’ Guts 11: 45 - 12:25 pm Garion (40 minutes)	Boot Camp 12:00 - 12:45 pm Kiana	HIIT 11:45 - 12:15 pm Robert (30 minutes)	Zumba 11:05 – 12 pm Lupe
Express Core 12:30 -12:50 pm Sonia (20 minutes)	Yoga 12:15 – 1:15pm Nadia	Power 40 12:30 - 1:10 pm Anthony	Dance N Stretch 1:00-1:45pm Tanya	Zumba 12:20 - 1:15 pm Tanya	
	Body Sculpt 4:30 – 5:00 pm Courtney		Low Impact 4:30 – 5:00 pm Margo	Pump & Run 4:30 -5:30 pm Jenn	
Rip N’ Ride 5:00 -6:00 pm Margo	Low Impact 5:00 – 5:20 pm Courtney	Shred 5:00 - 6:00 pm Jenn	Subtle Strength & Stretch 5:00 – 5:25 pm Margo		
Boot Camp 6:05 – 7:05 pm Jasmine	Cycle 60 5:25 – 6:25 pm Kathy		Cycle 60 5:25- 6:25 pm Margo		
	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: This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, and improve your endurance. Modifications for all fitness levels are provided.

Low Impact: Whole body group fitness workout that uses body weight and resistance equipment to boost fitness and core strength.

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

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!

Subtle Strength & Stretch: A low impact aerobic workout with a balance of core, stability, and flexibility work!

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.