



Fitness Schedule September 2017

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	
5:30 AM	Closed		Tabata Circuit **5:40 Early Bird**		Tabata Circuit **5:40 Early Bird**		
5:45 AM		"Spin-Off" 6:00 - 7:00 w/Mitsue	6:00 - 7:00 w/Michelle	"Spin-Off" 6:00 - 7:00 w/Jeremy	6:00 - 7:00 w/Michelle	"Spin-Off" 6:00 - 7:00 w/Mitsue	
6:00 AM							
6:15 AM		"Spin-Off" 7:30 - 8:30 w/Michelle				"Spin-Off" Flex 7:30 - 8:30 w/Michelle	
6:30 AM		PiYo™ 8:35 - 9:35 w/Christin	Muscle Pump 8:00 - 8:55 w/Kristie	Barre Above™ 8:15 - 9:15 w/Kristie	Muscle Pump 8:00 - 8:55 w/Kristie	Tabata Barre 8:15 - 9:15 w/Kristie	
6:45 AM					PiYo™ 9:00 - 10:00 w/Kristie	Stretch 'n Flex 9:30 - 10:30 w/Jason	
7:00 AM			Zumba 9:40 - 10:40 w/Velvet	Stretch 'n Flex 9:30 - 10:30 w/Jason			
7:15 AM			<div style="border: 2px solid red; padding: 5px; text-align: center;"> <p>Coming Up</p> <p>September 4th - Labor Day - No Fitness Classes No Childcare</p> <p>October 5th - Open Arms Gala 6th ~ 8th - FA Alumni Weekend 24th & 25th - PRH Experience</p> </div>				
7:30 AM							
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5:15 PM		Muscle Pump 5:20 - 6:15 w/Kristie	Cardio Kickboxing Mixx 5:15 - 6:15 w/Kristie	Muscle Pump 5:15 - 6:15 w/Kristie	Tabata 5:15 - 6:15 w/Kristie		
5:30 PM							
5:45 PM							
6:00 PM						Closed	
6:15 PM							
6:30 PM		Yoga 6:30 - 7:30 w/Alex	"Spin-Off" 6:15 - 7:15 w/Mitsue	Pilates 6:30 - 7:30 w/Denise	Zumba 6:20 - 7:20 w/Velvet	Yoga 6:30 - 7:30 w/Denise	
6:45 PM						"Spin-Off" 6:15 - 7:15 w/Jeremy	
7:00 PM							
7:15 PM							
7:30 PM							
7:45 PM							
8:00 PM							
8:15 PM							

NOTICE

Coming Up

September
4th - Labor Day - No Fitness Classes
No Childcare

October
5th - Open Arms Gala
6th ~ 8th - FA Alumni Weekend
24th & 25th - PRH Experience

New Start Time!
PILATES @ 6:30pm

Gymnasium Hours of Operations
Sun. 9am-6pm
Mon-Thurs. 5am-10pm

Class Descriptions

Cardio Kickboxing Mixx is a fun and interesting way to keep fit and burn calories. An intense, high-energy workout for the entire body and is intent on movements that raise the heart rate for effective calorie burning.

Zumba features exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating.

Stretch 'N Flex is a gentle form of yoga. Our muscles need proper stretching to help improve flexibility and balance. This is a great class for all fitness levels.

Tabata Circuit get fit fast in this full-body functional workout. Each 20 minute circuit includes rounds consisting of 3 minutes strength + 2 minutes core + 1 minute cardio. Rounds include TRX, kettlebells, kickboxing, plyometrics, etc. Class is led by a group exercise instructor who will modify movements for beginners and seasoned athletes. Burns more calories & fat than cardio and weight training alone! Choose to stay for 20 minutes or 1 hour!

Muscle Pump is total body strength training helps develop complete muscular systems that can burn calories and fat, promote healthy posture and boost a healthy lifestyle. Work at your own level within a class setting.

Pilates is focused on building strength without bulk, improving flexibility and agility, and helping to prevent injury. It involves a series of controlled movements that engage both your body and mind.

"Spin-Off" builds strength and improves cardiovascular efficiency as your instructor coaches you through the ride of your life using specially designed stationary cycles. Suited for all fitness levels.

"Spin-Off Flex" adds 15 minutes of strength training & stretching after 45 minutes of cycling.

Tabata is a high intensity interval training for a total body work out. Uses different modalities of functional fitness. Continue to burn fat after you've left the gym!

Tabata Barre Best of Barre-Tabata style!

Barre Above™ is a fun and dynamic workout fusing the best of Pilates, yoga, aerobics and strength exercises. Results in overall flexibility, balance & body strength. Sculpt your body into amazing shape!

Yoga is a fluid blend of alignment principles and techniques linking breath with motion to increase flexibility and elongate muscles.

PiYo combines muscle-sculpting of Pilates & strength and flexibility of Yoga.