



# Fitness Schedule November 2017

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.		
5:30 AM	Closed		<b>Tabata Circuit</b> **5:40 Early Bird**		<b>Tabata Circuit</b> **5:40 Early Bird**			
5:45 AM								
6:00 AM		"Spin-Off" 6:00 - 7:00 w/Mitsue		6:00 - 7:00 w/Michelle	"Spin-Off" 6:00 - 7:00 w/Jeremy		"Spin-Off" 6:00 - 7:00 w/Mitsue	
6:15 AM								
6:30 AM								
6:45 AM								
7:00 AM								
7:15 AM								
7:30 AM			"Spin-Off" 7:30 - 8:30 w/Michelle				"Spin-Off" Flex 7:30 - 8:30 w/Michelle	
7:45 AM								
8:00 AM			<b>Muscle Pump</b> 8:00 - 8:55 w/Kristie	<b>Barre Above™</b> 8:15 - 9:15 w/Kristie	<b>Muscle Pump</b> 8:00 - 8:55 w/Kristie			
8:15 AM								
8:30 AM		<b>PiYo™</b> 8:35 - 9:35 w/Christin				<b>Tabata Barre</b> 8:15 - 9:15 w/Kristie		
8:45 AM								
9:00 AM					<b>PiYo™</b> 9:00 - 10:00 w/Kristie			
9:15 AM								
9:30 AM				<b>Stretch 'n Flex</b> 9:30 - 10:30 w/Jason		<b>Stretch 'n Flex</b> 9:30 - 10:30 w/Jason		
9:45 AM			<b>Zumba</b> 9:40 - 10:40 w/Velvet					
10:00 AM								
10:15 AM								
10:30 AM								
10:45 AM								
11:00 AM								
11:15 AM								
11:30 AM								
11:45 AM								
2:30 PM								
2:45 PM								
3:00 PM								
3:15 PM								
3:30 PM								
3:45 PM								
4:00 PM								
5:00 PM								
5:15 PM		<b>Muscle Pump</b> 5:20 - 6:15 w/Kristie	<b>Cardio Kickboxing</b> Mixx 5:15 - 6:15 w/Kristie	<b>Muscle Pump</b> 5:15 - 6:15 w/Kristie	<b>Tabata</b> 5:15 - 6:15 w/Kristie			
5:30 PM								
5:45 PM								
6:00 PM	Closed					Closed		
6:15 PM								
6:30 PM								
6:45 PM			<b>Yoga</b> 6:30 - 7:30 w/Alex	"Spin-Off" 6:15 - 7:15 w/Mitsue	<b>Zumba</b> 6:20 - 7:20 w/Velvet		<b>Yoga</b> 6:30 - 7:30 w/Denise	
7:00 PM				<b>Pilates</b> 6:30 - 7:30 w/Denise				
7:15 PM								
7:30 PM								
7:45 PM								
8:00 PM								
8:15 PM								

## 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.

**Gymnasium Hours of Operations**  
Sun. 9am-6pm  
Mon-Thurs. 5am-10pm  
Fri. 5am-4pm Sat. CLOSED