



# Fitness Schedule December 2017

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
5:30 AM	Closed					
5:45 AM						
6:00 AM		" Spin-Off "			" Spin-Off "	" Spin-Off "
6:15 AM		6:00 - 7:00			6:00 - 7:00	6:00 - 7:00
6:30 AM		w/Mitsue			w/Jeremy	w/Mitsue
6:45 AM						
7:00 AM						
7:15 AM						
7:30 AM		" Spin-Off "				" Spin-Off " Flex
7:45 AM		7:30 - 8:30				7:30 - 8:30
8:00 AM	w/Michelle				w/Michelle	
8:15 AM						
8:30 AM	PiYo™					
8:45 AM	8:35 - 9:35					
9:00 AM	w/Christin					
9:15 AM						
9:30 AM						
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## 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