



Fitness Schedule January 2018

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	
5:30 AM	Closed						
5:45 AM							
6:00 AM		" Spin-Off "	Build & Sculpt	" Spin-Off "	Build & Sculpt	" Spin-Off "	
6:15 AM		6:00 - 7:00	6:00-6:45	6:00 - 7:00	6:00-6:45	6:00 - 7:00	
6:30 AM		w/Mitsue	w/Rebecca	w/Jeremy	w/Rebecca	w/Mitsue	
6:45 AM							
7:00 AM	Closed						
7:15 AM							
7:30 AM						"Spin-Off" Flex	
7:45 AM						7:30-8:30	
8:00 AM						w/Michelle	
8:15 AM			Muscle Pump	Barre Above™	Muscle Pump	Tabata Barre	
8:30 AM		" Spin-Off " Flex	8:00 - 8:55	8:15 - 9:15	8:00 - 8:55	8:15-9:15	
8:45 AM		8:15-9:15	w/Kristie	w/Kristie	w/Kristie	w/Kristie	
9:00 AM		Yoga Pilates Fusion			Creative Pilates		
9:15 AM		9:00-10:00			& Classical Stretches		
9:30 AM		w/Kashmyra	Zumba	Stretch 'N Flex	9:00 - 10:00	Stretch 'N Flex	
9:45 AM			9:40 - 10:40	9:30 - 10:30	w/Kashmyra	9:30 - 10:30	
10:00 AM			w/Velvet	w/Jason		w/Jason	
10:15 AM							
10:30 AM							
10:45 AM							
11:00 AM	BUILD & SCULPT Tuesdays & Thursdays 6:00-6:45am		CREATIVE PILATES Thursdays 9:00-10:00am				
11:15 AM							
11:30 AM							
11:45 AM							
12:30 PM							
2:45 PM							
3:00 PM							
3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM							
5:00 PM						Closed	
5:15 PM		Muscle Pump	Cardio Kickboxing	Muscle Pump	Tabata		
5:30 PM		5:20 - 6:15	Mixx 5:15 - 6:15	5:15 - 6:15	5:15 - 6:15		
5:45 PM		w/Kristie	w/Kristie	w/Kristie	w/Kristie		
6:00 PM	Closed						
6:15 PM							
6:30 PM		Yoga	"Spin-Off"	Pilates	Zumba	Yoga	
6:45 PM		6:30 - 7:30	6:15-7:15	6:30-7:30	6:20-7:20	6:30-7:30	
7:00 PM		w/Jane	w/Mitsue	w/Denise	w/Velvet	w/Denise	
7:15 PM					" Spin-Off "		
7:30 PM					6:15 - 7:15		
7:45 PM					w/Jeremy		
8:00 PM						Gymnasium Hours of Operations Sun. 9am-6pm Mon-Thurs. 5am-10pm Fri. 5am-4pm Sat. CLOSED	
8:15 PM							

Class Descriptions

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!*

Build & Sculpt is a body strength and sculpting class that works the upper, lower body and core using free weights to increase physical strength and endurance. A total body shaping class!

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.

Creative Pilates & Classical Stretches balances aspects of Pilates with the flexibility, fluidity and flow of classical stretches & creative movement.

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.

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 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!

Yoga is a fluid blend of alignment principles and techniques linking breath with motion to increase flexibility and elongate muscles. Correct posture and balance as well as ease tension and stress.

Yoga Pilates Fusion perfectly combines the benefits of each into one class!

Zumba features exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating. No need to be an expert in dance just a willingness to have fun while getting fit!