



Fitness Schedule February 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			Muscle Pump		Muscle Pump	w/Michelle	
8:15 AM		" Spin-Off " Flex	8:00 - 8:55	Barre Above™	8:00 - 8:55	Tabata Barre	
8:30 AM		8:15-9:15	w/Kristie	8:15 - 9:15	w/Kristie	8:15-9:15	
8:45 AM		w/Michelle		w/Kristie	Creative Pilates	w/Kristie	
9:00 AM		Yoga Pilates Fusion		Stretch 'N Flex	& Classical Stretches	Stretch 'N Flex	
9:15 AM		9:00-10:00		9:30 - 10:30	9:00 - 10:00	9:30 - 10:30	
9:30 AM		w/Kashmyra	Zumba	w/Jason	w/Kashmyra	w/Jason	
9:45 AM			9:40 - 10:40		Gentle Yoga		
10:00 AM			w/Velvet		10:15 -11:15		
10:15 AM		Spin-Off Flex			w/Kashmyra		
10:30 AM		Mondays	Build & Sculpt				
10:45 AM		@ 8:15am	Tuesdays & Thursdays				
11:00 AM			@ 6:00am				
11:15 AM							
11:30 AM							
11:45 AM							
2:30 PM		Yoga Pilates Fusion					
2:45 PM		Mondays @ 9:00am	Creative Pilates				
3:00 PM			Thursdays @ 9:00am				
3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM							
5:00 PM							
5:15 PM		Muscle Pump	Cardio Kickboxing	Muscle Pump	Tabata	Closed	
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							
6:15 PM	Closed		"Spin-Off"	Zumba			
6:30 PM			6:15-7:15	6:20-7:20			
6:30 PM			w/Mitsue	Pilates	w/Velvet	Yoga	" Spin-Off "
6:45 PM			6:30 - 7:30	6:30-7:30	6:30-7:30	w/Denise	6:15 - 7:15
7:00 PM			w/Jane				w/Jeremy
7:15 PM							
7:30 PM							
7:45 PM							
8:00 PM							
8:15 PM							

NEW CLASSES!

Spin-Off Flex Mondays @ 8:15am

Yoga Pilates Fusion Mondays @ 9:00am

Gentle Yoga Thursdays @ 10:15am

Build & Sculpt Tuesdays & Thursdays @ 6:00am

Creative Pilates Thursdays @ 9:00am

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. **Gentle Yoga** for restoration and healing.

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!

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