



# Fitness Schedule April 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						
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		Fitness Fusion			9:00 - 10:00	Stretch 'N Flex
9:15 AM		9:00-10:00			w/Kashmyra	9:30 - 10:30
9:30 AM		w/Kashmyra	Zumba	Stretch 'N Flex		w/Jason
9:45 AM			9:40 - 10:40	9:30 - 10:30		
10:00 AM		Therapeutic Movement	w/Velvet	w/Jason		
10:15 AM		10:00 - 11:00				
10:30 AM		w/Kashmyra				
10:45 AM						
11:00 AM						
11:15 AM						
11:30 AM						
11:45 AM						
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM						
4:15 PM						
4:30 PM						
4:45 PM						
5:00 PM						
5:15 PM						
5:30 PM		Muscle Pump	Cardio Kickboxing	Muscle Pump	Tabata	Gymnasium
5:45 PM		5:20 - 6:15	Mixx 5:15 - 6:15	5:15 - 6:15	5:15 - 6:15	Hours of
6:00 PM		w/Kristie	w/Kristie	w/Kristie	w/Kristie	Operations
6:15 PM			"Spin-Off"			
6:30 PM			6:15-7:15	Pilates	Yoga	Sun. 9am-6pm
6:45 PM			w/Mitsue	6:30-7:30	6:30-7:30	Mon-Thurs.
7:00 PM				w/Denise	w/Denise	5am-10pm
7:15 PM						Fri. 5am-4pm
7:30 PM						Sat. CLOSED
7:45 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** balances aspects of Pilates with the flexibility, fluidity and flow of classical stretches & creative movement.

**Fitness Fusion** restore your posture, coordination, balance and strength.

**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.

**"Spin-Off 101"** Ever want to try a cycling class? Come learn the basics & proper technics in this 45 minute class.

**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!

**Therapeutic Movement** is a gentle class for restoration and healing.

**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.

**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!