Fitness Schedule September 2018

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
5:30 AM	Closed					
5:45 AM						
6:00 AM		" Spin-Off " 6:00 - 7:00 w/Mitsue	Build & Sculpt 6:00-6:45 w/Rebecca	" Spin-Off " 6:00 - 7:00 w/Jeremy	Build & Sculpt 6:00-6:45 w/Rebecca	" 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" Flex 7:30-8:30 w/Michelle
7:45 AM						
8:00 AM		" Spin-Off " Flex 8:15-9:15 w/Michelle	Muscle Pump 8:15 - 9:15 w/Kristie	Barre Above™ 8:15 - 9:15 w/Kristie	Muscle Pump 8:15 - 9:15 w/Kristie	Tabata Barre 8:15-9:15 w/Kristie
8:15 AM						
8:30 AM						
8:45 AM						
9:00 AM		Fitness Fusion 9:00-10:00 w/Kashmyra			Creative Pilates 9:25 - 10:30 w/Kashmyra	
9:15 AM						
9:30 AM			Zumba 9:40 - 10:40 w/Velvet	Yoga 9:30 - 10:30 w/Jane		Sound Healing Yoga 9:30 - 10:30 w/Aoife
9:45 AM						
10:00 AM		Therapeutic Movement 10:00 -11:00 w/Kashmyra				
10:15 AM						
10:30 AM						
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						Closed
4:15 PM						
4:30 PM						
4:45 PM						
5:00 PM						
5:15 PM		Muscle Pump 5:20 - 6:15 w/Kristie	Cardio Kickboxing Mixx 5:15 - 6:15 w/Kristie	Muscle Pump 5:20 - 6:15 w/Kristie	Tabata 5:15 - 6:15 w/Kristie	Gymnasium Hours of Operations Sun. 9am-6pm Mon-Thurs. 5am-10pm Fri. 5am-4pm Sat. CLOSED
5:30 PM						
5:45 PM						
6:00 PM	Closed					
6:15 PM			"Spin-Off" 6:15-7:15 w/Mitsue	Zumba 6:20-7:20 w/Velvet		
6:30 PM		Yoga 6:30 - 7:30 w/Star	Pilates 6:30-7:30 w/Denise	Yoga 6:30-7:30 w/Denise	" Spin-Off " 6:15 - 7:15 w/Jeremy	
6:45 PM						
7:00 PM						
7:15 PM						
7:30 PM						
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 & improves cardiovascular efficiency as your instructor coaches you through the ride of your life! Suited for all fitness levels.
"Spin-Off Flex" adds 15 minutes of strength training & stretching after 45 minutes of cycling.

Healing Sounds Yoga incorporates Hatha Yoga along with traditional Gaelic melodies, vibrational sound and spoken word to induce a deep sense of peace and well-being while reducing the stress of daily life. It is suitable for both beginners and anyone who has already been practicing Yoga.

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 to help reverse aging. Stretches help with posture & proper alignment.

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!