



# FITNESS SCHEDULE

## JUNE 2019

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	
5:30 AM	Closed			Rise & Shine for an Early Bird Class!			
5:45 AM			<b>Build &amp; Sculpt</b> 6:00-6:45 w/Rebecca		<b>Build &amp; Sculpt</b> 6:00-6:45 w/Rebecca		
6:00 AM							
6:15 AM							
6:30 AM							
6:45 AM							
7:00 AM							
7:15 AM							
7:30 AM						<b>Spin-Off Flex</b> 7:30-8:30 w/Michelle	
7:45 AM							
8:00 AM		<b>Spin-Off Flex</b> 8:15-9:15 w/Michelle	<b>Muscle Pump</b> 8:15 - 9:00 w/Kristie	<b>Barre Above™</b> 8:15 - 9:00 w/Kristie	<b>Muscle Pump</b> 8:15 - 9:00 w/Kristie	<b>Tabata Barre</b> 8:15-9:00 w/Kristie	
8:15 AM							
8:30 AM							
8:45 AM							
9:00 AM		<b>Multi-Style Yoga</b> 9:00-10:00 w/Kashmyra			<b>Creative Pilates</b> 9:15 - 10:15 w/Kashmyra		
9:15 AM							
9:30 AM			<b>Zumba</b> 9:40 - 10:40 w/Velvet	<b>Yoga</b> 9:30 - 10:30 w/Jane		<b>Healing Sounds Yoga</b> 9:30 - 10:30 w/Aoife	
9:45 AM							
10:00 AM		<b>Growing Younger</b> 10:15-11:15 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							
4:15 PM							
4:30 PM							
4:45 PM							
5:00 PM							
5:15 PM							
5:30 PM			<b>Cardio Kickboxing Mixx</b> 5:30 - 6:15 w/Kristie		<b>Tabata</b> 5:30 - 6:15 w/Kristie	<b>Gymnasium Hours of Operations</b>  Sun. 9am-6pm Mon-Thurs. 5am-10pm Fri. 5am-4pm Sat. CLOSED	
5:45 PM		<b>Muscle Pump</b> 5:30-6:15 w/Kristie		<b>Muscle Pump</b> 5:30-6:15 w/Kristie			
6:00 PM	Closed		<b>Spin-Off</b> 6:15-7:15 w/Jeremy	<b>Yoga</b> 6:30-7:30 w/Denise	<b>"Spin-Off"</b> 6:15 - 7:15 w/Jeremy		
6:15 PM				<b>Zumba</b> 6:20-7:20 w/Velvet			
6:30 PM			<b>Yoga</b> 6:30 - 7:30 w/ Aoife / Jane				
6:45 PM							
7:00 PM							
7:15 PM							
7:30 PM							
7:45 PM							

**PRIME TIME LIVING**  
Health and Retirement Expo  
Thursday, June 20  
[www.PrimeTimeLivingExpo.com](http://www.PrimeTimeLivingExpo.com)

FLETCHER PARK INN | LPC FITNESS & AQUATICS | Advent Health

### 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.

**Growing Younger** restore 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.

**Multi-Style Yoga** allows the instructor to modify to class needs - all inclusive!

**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.

**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!