


# Fitness Schedule November 2023

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	
5:30 AM	Closed						
5:45 AM							
6:00 AM		CSS Early Birds 6:00-7:00 w/Michelle		Build & Sculpt 6:00-7:00 w/ Rebecca		CSS Early Birds 6:00-7:00 w/Michelle	
6:15 AM							
6:30 AM							
6:45 AM							
7:00 AM							
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM				TRX™ 8:00-9:00 w/Michelle			
8:15 AM	Mystery Monday 8:15-9:10 w/Kristie	Muscle Pump 8:15-9:15 w/Kristie			Muscle Pump 8:15-9:10 w/Kristie	Tabata Barre 8:15-9:00 w/Kristie	
8:30 AM							
8:45 AM							
9:00 AM							
9:15 AM		Pilates 9:15-10:15 w/Denise			Pilates 9:15-10:15 w/Denise		
9:30 AM			Balance N Motion 9:30-10:30 w/Aoife			Balance N Motion 9:30-10:30 w/Aoife	
9:45 AM							
10:00 AM							
10:15 AM							
10:30 AM							
10:45 AM							
11:00 AM	 <p><i>Holiday Hours</i>  <b>Wednesday, November 22: 5am-5pm</b>  <b>Thursday, November 23: Closed</b>  <b>Friday, November 24: Closed</b></p> <p><i>Class Cancellations</i>  <b>Wednesday, November 22: Aqua~Zumba @ 8:40am</b>  <b>Muscle Pump @ 5:15pm</b></p>						
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							
5:30 PM			Cardio Kickboxing 5:15-6:15 w/Kristie		Muscle Pump 5:15-6:15 w/Kristie	Tabata 5:15-6:15 w/Kristie	<b>Fitness Hours of Operations</b> Sun. 9am-6pm Mon-Thurs. 5am-9pm Fri. 5am-4pm Sat. CLOSED
5:45 PM			Total Strength Fitness 5:30-6:30 w/Tim			Total Strength Fitness 5:30-6:30 w/Tim	
6:00 PM		Muscle Pump 5:15-6:15 w/Kristie					
6:15 PM							
6:30 PM							
6:45 PM	Closed		Spin-Off 6:15-7:15 w/Jeremy		Spin-Off 6:15-7:15 w/Jeremy		
7:00 PM							
7:15 PM							
7:30 PM							
7:45 PM							

## Class Descriptions

**Balance N Motion** is a fluid blend of alignment principles and techniques linking breath with motion to increase flexibility and elongate muscles. Correct your posture and improve balance as well as ease tension and stress.

**Build N 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. Builds lean, toned muscle. A total body shaping class!

**Cardio Kickboxing** 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.

**CSS Early Birds** Michelle leads you through 20 mins each of **Cardio** (walk/cycle), **Strength**, (bells, bands, TRX) and Science Of **Stretching™**. Understand inflammation & oxidative stress. New challenges every month.

**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.

**Mystery Monday Fitness** YOU are invited to kick start your week with a mystery workout. Stay motivated in a group environment and enjoy a different workout every Monday with exercises designed for beginners to advanced.

**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! Did you know that cycling burns a ton of calories while also being easy on your joints? Suited 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!

**Total Strength Fitness** Strengthen your whole body using kettlebells, dumbbells, resistance bands and body weight. Tone up, burn fat, and gain stability in this weight training class. Great for all exercise levels!

**TRX™** Relieve back pain, reduce stress, improve grip & core strength with total body TRX. Ceiling-suspended training is popular because pulling & pushing exercises condition muscles essential to posture, flexibility & daily body function.