



# FITNESS SCHEDULE SEPTEMBER 2024

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM	Closed					
5:45 AM						
6:00 AM		CSS Early Birds		Build & Sculpt		CSS Early Birds
6:15 AM			6:00-7:00	6:00-7:00		6:00-7:00
6:30 AM			w/Michelle	w/ Rebecca		w/Michelle
6:45 AM						
7:00 AM						
7:15 AM						
7:30 AM						
7:45 AM						
8:00 AM		Mystery Monday	Muscle Pump		Muscle Pump	Tabata Barre
8:15 AM		8:15-9:10	8:15-9:15		8:15-9:10	8:15-9:00
8:30 AM		w/Kristie	w/Kristie		w/Kristie	w/Kristie
8:45 AM						
9:00 AM		Pilates	Balance N Motion		Pilates	
9:15 AM		9:15-10:15	9:30-10:30		9:15-10:15	
9:30 AM		w/Denise	w/Rebecca		w/Denise	
9:45 AM						
10:00 AM						
10:15 AM						
10:30 AM						
10:45 AM						
11:00 AM						
11:15 AM						
11:30 AM						
11:45 AM						
3:15 PM		<b>Total Strength Fitness @ 5:45pm</b> is currently a floating class on a flexible schedule. Please watch posts and sign up for email notices about class changes.				Closed
3:30 PM						
3:45 PM						
4:00 PM						
4:15 PM						
4:30 PM						
4:45 PM						
5:00 PM						
5:15 PM			Cardio Kickboxing		Tabata	<b>Fitness Hours of Operations</b> Sun. 9am-6pm Mon-Thurs. 5am-9pm Fri. 5am-4pm Sat. CLOSED
5:30 PM		Muscle Pump	5:15-6:15	Muscle Pump	5:15-6:15	
5:45 PM		5:15-6:15	w/Kristie	5:15-6:15	w/Kristie	
6:00 PM						
6:15 PM			Spin-Off		Spin-Off	
6:30 PM			6:15-7:15		6:15-7:15	
6:45 PM			w/Jeremy		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** Choose growth or recovery options in this HIIT (High Intensity Interval Training) class that leads you through: CARDIO (cycle, walk, trampoline), STRENGTH (bells, bands, bars, balls, TRX), STRETCHING, STABILITY, & STRESS-REDUCTION. Worth getting up for!

**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!