



# Fitness Schedule November 2024

|  | Sunday | Monday                                     | Tuesday  | Wednesday                                   | Thursday                              | Friday                                     |   |
|--|--------|--|--|---|---------------------------------------|--|---|
| 5:30 AM<br>5:45 AM                           | Closed |  |  |   |                                       |  |   |
| 6:00 AM<br>6:15 AM<br>6:30 AM<br>6:45 AM     |        | CSS Early Birds<br>6:00-7:00<br>w/Michelle |  | Build & Sculpt<br>6:00-7:00<br>w/ Rebecca   |                                       | CSS Early Birds<br>6:00-7:00<br>w/Michelle |   |
| 7:00 AM<br>7:15 AM<br>7:30 AM<br>7:45 AM     |        |  |  |   |                                       |  |   |
| 8:00 AM<br>8:15 AM<br>8:30 AM<br>8:45 AM     |        | Mystery Monday<br>8:15-9:10<br>w/Kristie   | Muscle Pump<br>8:15-9:15<br>w/Kristie  |   | Muscle Pump<br>8:15-9:10<br>w/Kristie | Tabata Barre<br>8:15-9:00<br>w/Kristie     |   |
| 9:00 AM<br>9:15 AM<br>9:30 AM<br>9:45 AM     |        |  | Pilates<br>9:15-10:15<br>w/Denise  | Balance N Motion<br>9:30-10:30<br>w/Rebecca |                                       | Pilates<br>9:15-10:15<br>w/Denise          |   |
| 10:00 AM<br>10:15 AM<br>10:30 AM<br>10:45 AM |        |  |  |   |                                       |  |   |
| 11:00 AM<br>11:15 AM<br>11:30 AM<br>11:45 AM |        |  |  |   |                                       |  |   |
| 3:15 PM<br>3:30 PM<br>3:45 PM                |        |  | <b>Total Strength Fitness @ 5:45pm</b><br>is currently a floating class on a flexible schedule.<br>Please watch posts and sign up for text notices about class days. |   |                                       |  | Closed  |
| 4:00 PM<br>4:15 PM<br>4:30 PM<br>4:45 PM     |        |  |  |   |                                       |  |   |
| 5:00 PM<br>5:15 PM<br>5:30 PM<br>5:45 PM     |        |  | Muscle Pump<br>5:15-6:15<br>w/Kristie  | Cardio Kickboxing<br>5:15-6:15<br>w/Kristie | Muscle Pump<br>5:15-6:15<br>w/Kristie | Tabata<br>5:15-6:15<br>w/Kristie           | Fitness Hours of Operations<br>Sun. 9am-6pm<br>Mon-Thurs.<br>5am-9pm<br>Fri. 5am-4pm Sat.<br>CLOSED |
| 6:00 PM<br>6:15 PM<br>6:30 PM<br>6:45 PM     | Closed |  | Spin-Off<br>6:15-7:15<br>w/Jeremy  |   | Spin-Off<br>6:15-7:15<br>w/Jeremy     |  |   |
| 7:00 PM<br>7:15 PM<br>7:30 PM<br>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!