

# Fitness Schedule April

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	
6:00 AM	Closed	<b>CSS Early Birds</b> 6:00-7:00 w/Michael		<b>Build &amp; Sculpt</b> 6:00-7:00 w/Rebecca		<b>CSS Early Birds</b> 6:00-7:00 w/Michael	
6:15 AM							
6:30 AM							
6:45 AM							
7:00 AM							
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM							
8:15 AM		<b>Mystery Monday</b> 8:15-9:10 w/Kristie	<b>Muscle Pump</b> 8:15-9:10 w/Kristie		<b>Muscle Pump</b> 8:15-9:10 w/Kristie	<b>Tabata Barre</b> 8:15-9:00 w/Kristie	
8:30 AM							
8:45 AM							
9:00 AM							
9:15 AM							
9:30 AM			<b>Balance N Motion</b> 9:30-10:30 w/Rebecca	<b>Strength Stretch &amp; Mobility</b> 9:30-10:30 w/Amber		<b>Strength Stretch &amp; Mobility</b> 9:30-10:30 w/Amber	
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							
2:30 PM							
2:45 PM							
3:00 PM							
3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM					<b>TRX Combo</b> 4:00-5:00 w/Lisa	Closed	
5:00 PM							
5:15 PM		<b>Muscle Pump</b> 5:15-6:15 w/Kristie	<b>Total Strength Fitness</b> 5:15-6:15 w/Lisa	<b>Cardio Kickboxing</b> 5:15-6:15 w/Kristie	<b>Muscle Pump</b> 5:15-6:15 w/Kristie		<b>Tabata</b> 5:15-6:15 w/Kristie
5:30 PM							
5:45 PM							
6:00 PM	Closed						
6:15 PM							
6:30 PM				<b>Spin-Off</b> 6:15 - 7:15 w/Jeremy		<b>Spin-Off</b> 6:15 - 7:15 w/Jeremy	
6:45 PM							
7:00 PM							
7:15 PM							
7:30 PM							
7:45 PM							
8:00 PM							
8:15 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 & 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 class that leads you through: **Cardio** (cycle, walk), **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** kick starts your week with a mystery workout. Stay motivated with a group & enjoy a different workout every Monday. For all bodies!

**Spin-Off** builds strength and improves your cardiovascular efficiency as your instructor coaches you through a purposeful ride. Did you know that cycling burns a ton of calories while also being easy on your joints? Suited for all fitness levels.

**Strength Stretch and Mobility** 60 Minutes of mindful movement that facilitates self-confidence, muscle endurance and longevity. Everyone welcome!

**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 Combo** Suspension training bodyweight exercise develops strength, balance, flexibility & core stability combined w/equipment for whole body fitness.

**Fitness Hours of Operations**  
**Sundays**  
9am-6pm  
**Mon-Thurs**  
5am-9pm  
**Fridays**  
5am-4pm  
**Saturdays**