





2017 FALL SCHEDULE

DAY	TIME	CLASS	INSTRUCTOR	CLASS	INSTRUCTOR
MONDAY					
	9:00 AM	Muscle Pump	Tiffany	Spin	Glenda
	10:00 AM	Pilates/Yoga	Lisa		
	6:00 PM	Cardio Strength Tabata	Alaine	Spin	Glenn
TUESDAY					
	6:00 AM	Kettle Bell Training	Glenn		
	8:00 AM	Pilates/Yoga	Glenda		
	9:00 AM	Cardio Step & Core	Glenda	Spin	Lisa
	6:00 PM	Boot Camp	Mark		
WEDNESDAY					
	9:00 AM	Cardio Strength & Core	C.C.	Spin	Lisa
	10:00 AM	Pilates	Lisa		
	6:00 PM	Yoga	Debbie	Spin	Glenn
THURSDAY					
	6:00 AM	Kettle Bell	Glenn		
	8:00 AM	Pilates/Yoga	Glenda		
	9:00 AM	TRX Training	Anna	Spin	Tiffany
	6:00 PM	Boot Camp	Martin		
FRIDAY					
	9:00 AM	Muscle Pump	Lisa	Spin	Glenda
	10:00 AM	Yoga Flow	Rhonda		
SATURDAY					
	8:00 AM	Boot Camp	Martin		
	9:00 AM	Cardio Strength & Core	Debbie	Spin	Stacey
Boot Camp A Combination of strength, cardio, muscle endurance, flexibility, core and functional movement patterns.	Cardio Strength & Core Burn Calories! Build Muscle! Strengthen Your Core! Cardio mixed with strength training segments; followed by intensive core work.		Kettle Bell Training Build strength, vaporize fat & maximize training time while challenging your aerobic & anaerobic conditioning, balance, strength & flexibility.	Cardio Step & Core Burn calories! Blast Fat! Cardio on and off the step. Intense core work at end.	
Pilates/Yoga Exercises strengthening the abs, back, hips and thighs with a little Yoga mixed in to improve balance and flexibility.	Cardio Strength Tabata A fast paced, fun, calorie burning workout! Intervals of cardio and strength - Tabata style!		TRX Training Build a strong core for strength and explosiveness in movements using your arms, shoulders, back, hips and thighs.	Muscle Pump Build strength and tone muscles with barbells and dumb bells.	