





# 2017 SUMMER SCHEDULE

## Effective June 5th

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