




# 2018 WINTER SCHEDULE

*Effective January 8th*

DAY	TIME	CLASS	INSTRUCTOR	CLASS	INSTRUCTOR
MONDAY	6:00 AM			Spin	Debbie
	9:00 AM	Muscle Pump	Lisa	Spin	Kirk
	10:00 AM	Yoga	Tammy		
	6:00 PM	Zumba	Nell	Spin	Glenn
TUESDAY	6:00 AM	Kettle Bell	Glenn		
	8:00 AM	Pilates	Glenda		
	9:00 AM	TRX Training	Anna	Spin	Lisa
	10:00 AM	Zumba	Nora		
	6:00 PM	Kick & Lift	Stacey		
WEDNESDAY	6:00 AM			Spin	Kirk
	9:00 AM	Cardio Strength & Core	C.C.	Spin	Glenda
	10:00 AM	Pilates	Lisa		
	6:00 PM	Yoga	Tammy	Spin	Glenn
THURSDAY	6:00 AM	Kettle Bell	Glenn		
	8:00 AM	Pilates/Yoga	Glenda		
	9:00 AM	TRX Training	Anna	Spin	Lisa
	10:00 AM	Zumba	Nora		
	6:00 PM	Boot Camp	Martin		
FRIDAY	6:00 AM			Spin	Debbie
	9:00 AM	Muscle Pump	Lisa	Spin	Heather
	10:00 AM	Yoga Flow	Rhonda		
SATURDAY	8:00 AM	Boot Camp	Martin		
	9:00 AM	Cardio, Core & TRX	Debbie	Spin	Stacey
	10:00 AM	Zumba	Nell		

Boot Camp	Cardio Strength & Core	Muscle Pump	Kettle Bell	ZUMBA
A combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns.	Burn Calories! Build Muscle! Strengthen Your Core! Cardio mixed with strength training segments; followed by intensive core work.	Build strength and tone muscles with barbells and dumbbells.	Build strength, vaporize fat, and maximize training time while challenging your aerobic & anaerobic condition, balance, strength, and flexibility.	Have fun and get into shape! Easy to follow, Latin inspired, calorie burning dance party!

Pilates	Yoga	Spin	TRX Training	Kick & Lift
Exercises that strengthen the abs, back, hips, and thighs. Pilates tones your entire core while improving balance and flexibility.	Suitable for all levels. Yoga is a alignment oriented practice based on physical postures (asanas), flexibility, deep breathing, and mindfulness.		Build a strong core for strength and explosiveness in movements using your arms, shoulders, back, hips, and thighs.	Burn mega calories with high intensity kickboxing moves; mixed with strength training using barbells & dumbbells.