




2018 FALL SCHEDULE

Effective September 3rd

DAY	TIME	CLASS	INSTRUCTOR	CLASS	INSTRUCTOR
MONDAY	6:00 AM	Boot Camp * <i>Fee Based</i>	Mark	Spin	Kirk
	9:00 AM	Muscle Pump	Glenda	Spin	Kirk
	10:00 AM	Yoga	Sonya		
	11:00 AM	Zumba	Delisa		
	6:00 PM	Muscle Pump	Shelly	Spin	Glenn
TUESDAY	8:00 AM	Pilates	Glenda		
	9:00 AM	Circuit Training	Glenda	Spin	Lisa
	10:00 AM	Zumba	Nora		
	6:00 PM	Yoga	Tammy		
WEDNESDAY	6:00 AM	Boot Camp * <i>Fee Based</i>	Mark	Spin	Marcy
	8:00 AM	TRX Training	Anna		
	9:00 AM	Cardio Strength & Core	C.C.	Spin	Lisa
	10:00 AM	Pilates	Lisa		
	6:00 PM	Muscle Pump	Shelly	Spin	Glenn
THURSDAY	8:00 AM	Pilates/Yoga	Glenda		
	9:00 AM	TRX Training	Lisa	Spin	Glenda
	10:00 AM	Zumba	Nora		
	6:00 PM	Yoga	Tammy		
FRIDAY	6:00 AM	Boot Camp * <i>Fee Based</i>	Mark	Spin	Kirk
	9:00 AM	Muscle Pump	Lisa	Spin	Shelly
	10:00 AM	Yoga Flow	Rhonda		
SATURDAY	9:00 AM	Cardio, Core & TRX	Debbie	Spin	Stacey
	10:00 AM	Zumba	Nell		

* *Fee Based Class . For pricing & information on Bootcamp call Mark Roundtree at (850) 259-5624*

<p>Boot Camp</p> <p>A combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns.</p>	<p>Cardio Strength & Core</p> <p>Burn Calories! Build Muscle! Strengthen Your Core! Cardio mixed with strength training segments; followed by intensive core work.</p>	<p>Circuit Training</p> <p>Strength & aerobic excercises performed in rotation with mininum rest.</p>	<p>Kettle Bell</p> <p>Build strength, vaporize fat, and maximize training time while challenging your aerobic & anaerobic condition, balance, strength, and flexibility.</p>	<p>Muscle Pump</p> <p>Build strength and tone muscles with barbells and dumbbells.</p>
<p>Pilates</p> <p>Exercises that strengthen the abs, back, hips, and thighs. Pilates tones your entire core while improving balance and flexibility.</p>	<p>TRX Training</p> <p>Build a strong core for strength and explosiveness in movements using your arms, shoulders, back, hips, and thighs.</p>	<p>Spin</p> 	<p>Yoga</p> <p>Suitable for all levels. Yoga is a alignment oriented practice based on physical postures (asanas), flexibility, deep breathing, and mindfulness.</p>	<p>ZUMBA</p> <p>Have fun and get into shape! Easy to follow, Latin inspired, calorie burning dance party!</p>