




# 2019 WINTER SCHEDULE

Effective January 7th

DAY	TIME	CLASS	INSTRUCTOR	CLASS	INSTRUCTOR
MONDAY	6:00 AM	Boot Camp * <i>Fee Based</i>	Mark	Spin	Kirk
	8:00 AM	Muscle Pump / TRX	Anna		
	9:00 AM	Muscle Pump	Glenda	Spin	Kirk
	10:00 AM	Zumba	Delisa		
	11:00 AM	Yoga	Sonya		
	5:30 PM 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		
	5:30 PM	Yoga	Tammy		
WEDNESDAY	6:00 AM	Boot Camp * <i>Fee Based</i>	Mark	Spin	Marcy
	8:00 AM	TRX	Anna		
	9:00 AM	Cardio Strength & Core	C.C.	Spin	Lisa
	10:00 AM	Pilates	Lisa		
	5:30 PM	Muscle Pump	Shelly		
	6:00 PM			Spin	Glenn
THURSDAY	8:00 AM	Pilates	Glenda		
	9:00 AM	TRX	Amanda Jo	Spin	Glenda
	10:00 AM	Zumba	Nora		
	5:30 PM	Yoga	Tammy		
FRIDAY	6:00 AM	Boot Camp * <i>Fee Based</i>	Mark	Spin	Kirk
	8:00 AM	Muscle Pump / TRX	Lisa		
	9:00 AM	Muscle Pump	Lisa	Spin	Shelly
	10:00 AM	Power Yoga	Rhonda		
SATURDAY	9:00 AM	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><b>Boot Camp</b></p> <p>A combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns.</p>	<p><b>Cardio Strength &amp; Core</b></p> <p>Burn Calories! Build Muscle! Strengthen Your Core! Cardio mixed with strength training segments; followed by intensive core work.</p>	<p><b>Spin</b></p> 	<p><b>Pilates</b></p> <p>Exercises that strengthen the abs, back, hips, and thighs. Pilates tones your entire core while improving balance and flexibility.</p>	<p><b>Circuit Training</b></p> <p>Strength &amp; aerobic exercises performed in rotation with minimum rest.</p>
<p><b>Yoga</b></p> <p>Yoga is an alignment oriented practice based on physical postures, flexibility, deep breathing &amp; mindfulness.</p>	<p><b>TRX</b></p> <p>Suspension training using straps, gravity, and your body weight to increase strength, balance, flexibility, and core stability.</p>	<p><b>Muscle Pump</b></p> <p>Build strength and tone muscles with barbells and dumbbells.</p>	<p><b>Muscle Pump/TRX</b></p> <p>Combines barbells &amp; dumbbells with suspension training for a powerful workout.</p>	<p><b>ZUMBA</b></p> <p>Have fun and get into shape! Easy to follow, Latin inspired, calorie burning dance party!</p>