





2020 SUMMER SCHEDULE

Effective June 8th

DAY	TIME	CLASS	INSTRUCTOR	CLASS	INSTRUCTOR
MONDAY	6:00 AM	Boot Camp * <i>Fee Based</i>	Mark	Spin	Kirk
	8:00 AM		Anna		
	9:00 AM	Muscle Pump	Erica	Spin	Glenda
	9:15 AM			Spin	Glenn
6:00 PM					
TUESDAY	8:00 AM	Pilates	Glenda	Spin	Lisa
	9:00 AM				
	9:15 AM	Zumba	Nora		
	6:00 PM	Yoga	Tammy		
WEDNESDAY	6:00 AM	Boot Camp * <i>Fee Based</i>	Mark	Spin	Kirk
	8:00 AM		Anna		
	9:00 AM	Muscle Pump	Lisa	Spin	Kirk
	9:15 AM			Spin	Glenn
	6:00 PM			Spin	Glenn
THURSDAY	8:00 AM	Pilates	Glenda	Spin	Rachel
	9:00 AM				
	9:15 AM	Zumba	Delisa		
	6:00 PM	Yoga	Tammy		
FRIDAY	6:00 AM	Boot Camp * <i>Fee Based</i>	Mark	Spin	Shelly
	8:00 AM		Lisa		
	9:00 AM	Yoga Flow	Rhonda		
	9:15 AM				
SATURDAY	9:00 AM	Super Sculpt	Shelly	Spin	Stacey

** 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>Pilates</p> <p>Exercises that strengthen the abs, back, hips, and thighs. Pilates tones your entire core while improving balance and flexibility.</p>	<p>Spin</p> 	<p>Muscle Pump</p> <p>Build strength and tone muscles with barbells and dumbbells.</p>	<p>Yoga Flow</p> <p>Vinyasa style yoga poses that flow one into another.</p>
<p>Yoga</p> <p>Yoga is an alignment oriented practice based on physical postures, flexibility, deep breathing & mindfulness.</p>	<p>TRX</p> <p>Suspension training using straps, gravity, and your body weight to increase strength, balance, flexibility, and core stability.</p>		<p>Super Sculpt</p> <p>Get Toned, Strong & Lean. Weight training designed to shape & sculpt your body.</p>	<p>ZUMBA</p> <p>Have fun and get into shape! Easy to follow, Latin inspired, calorie burning dance party!</p>