






# 2021 SPRING SCHEDULE

DAY	TIME	CLASS	INSTRUCTOR	CLASS	INSTRUCTOR
MONDAY	6:00 AM	Boot Camp * <i>Fee Based</i>	Mark	Spin	Kirk
	8:00 AM	TRX	Anna		
	9:15 AM	Muscle Pump	Erica		
	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	TRX	Anna		
	9:15 AM	Muscle Pump	Lisa		
	6:00 PM				
THURSDAY	8:00 AM	Pilates	Glenda	Spin	Kirk
	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	Rachel
	8:00 AM	Muscle Pump	Lisa		
	9:15 AM	Yoga Flow	Rhonda		
SATURDAY	9:00 AM	Zumba	Nell	Spin	Stacey

\* *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>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>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>Yoga Flow</b></p> <p>Vinyasa style yoga poses that flow one into another.</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>SPIN</b></p> 		<p><b>ZUMBA</b></p> <p>Have fun and get into shape! Easy to follow, Latin inspired, calorie burning dance party!</p>