



# 2021 SUMMER SCHEDULE

DAY	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR
MONDAY	8:00 AM	TRX	Anna	6:00 AM	Spin	Kirk
	9:15 AM	Muscle Pump	Glenda			
TUESDAY	8:00 AM	Pilates	Glenda	9:00 AM	Spin	Lisa
	9:15 AM	Zumba	Nora			
	6:00 PM	Yoga	Tammy			
WEDNESDAY	8:00 AM	TRX	Anna	6:00 AM	Spin	Kirk
	9:15 AM	Muscle Pump	Lisa			
THURSDAY	8:00 AM	Pilates	Glenda	9:00 AM	Spin	Shelly
	9:15 AM	Zumba	Delisa			
	6:00 PM	Yoga	Tammy			
FRIDAY	8:00 AM	Muscle Pump	Lisa	6:00 AM	Spin	Shelly
	9:15 AM	Yoga Flow	Rhonda			
SATURDAY	8:00 AM	Super Sculpt	Shelly	8:00 AM	Spin	Stacey
	9:00 AM	Bodyweight Burn	Lindsay			

<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>Bodyweight Burn</b></p> <p>Burn calories and build strength using just you bodyweight</p>	<p><b>Yoga Flow</b></p> <p>Vinyasa style yoga poses that flow one into another.</p>
<p><b>Pilates</b></p> <p>Tone your core while improving balance &amp; flexibility with exercises that strengthen the abs, back, hips, &amp; thighs.</p>	<p><b>Muscle Pump</b></p> <p>Build strength and tone muscles with barbells and dumbbells.</p>	<p><b>Spin</b></p>	<p><b>Super Sculpt</b></p> <p>Get Toned Strong &amp; Lean Weight training designed to shape &amp; sculpt your body.</p>	<p><b>Zumba</b></p> <p>Have fun and get into shape! Easy to follow, Latin inspired, calorie burning dance party!</p>