



2021 FALL SCHEDULE

Effective September 6th

DAY	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR
MONDAY	8:00 AM	TRX	Anna	6:00 AM	Spin	Kirk
	9:15 AM	Zumba	Nora	9:00 AM	Spin	Glenda
				6:00 PM	Spin	Glenn
TUESDAY	8:00 AM	Pilates	Glenda	9:00 AM	Spin	Lisa
	9:15 AM	Bottoms Up	Erica			
	6:00 PM	Yoga	Tammy			
WEDNESDAY	8:00 AM	TRX	Anna	6:00 AM	Spin	Kirk
	9:15 AM	Muscle Pump	Lisa			
				6:00 PM	Spin	Glenn
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	9:00 AM	Spin	Stacey
	9:15 AM	Zumba	Nell			

<p>Pilates</p> <p>Tone your core while improving balance & flexibility with exercises that strengthen the abs, back, hips, & thighs.</p>		<p>TRX</p> <p>Suspension training using straps, gravity, and your body weight to increase strength, balance, flexibility, and core stability.</p>	<p>Bottoms Up</p> <p>Designed to lift and tone you from the waist down. Legs, butt, and core.</p>	<p>Zumba</p> <p>Have fun and get into shape! Easy to follow, Latin inspired, calorie burning dance party!</p>
<p>Yoga</p> <p>Yoga is an alignment oriented practice based on physical postures, flexibility, deep breathing & mindfulness.</p>	<p>Muscle Pump</p> <p>Build strength and tone muscles with barbells and dumbbells.</p>	<p>Spin</p>	<p>Super Sculpt</p> <p>Get toned, strong & lean. Weight training designed to shape & sculpt your body.</p>	<p>Yoga Flow</p> <p>Vinyasa style yoga poses that flow one into another.</p>