

MONDAY

6.45a-7:30a	HIIT	Jameelah
12:15p-1:00p	Kick n Cut	Debra
1:05p-1:50p	Pilates- Begins 3/16	LaWanda
5:00p-5:45p	Sunset Yoga	Kristin

TUESDAY

6:45a-7:30a	Sunrise Yoga	Kristin
11:30a-12:15p *last Tuesday each month	*ROLL WITH IT	Tanya
12:15p-1:00p	Zumba	Tanya
12:30p-1:15p	Gym Club	Sharon
5.00p-5.45p	Kick n Cut Begins 3/10	Reggie

WEDNESDAY

6:00a-6:45a	Wake UP Ride	Allison
11:30a-12:15p	Reps n Sets along with 15 minutes abs	Debra
12.15p-1.00p	Align & Flow Yoga	Marcy
1.05P-1.50P	Bootcamp w/Ryan	Ryan

THURSDAY

6:45a-7:30a	HITT n Burn	Myles
12:15p-1:00p	Studio Bootcamp w/Sharon	Sharon

FRIDAY

6:30a-7:15a	Cycle Beast	Rodney
12:15p-1:00p	Rip N Ride	Elfreda
1.05p-1.50p	Yay for Yoga	Peter

Class Description

GYM CLUB: Join the “club” on the gym club floor with for a full body strength and cardio class using all of the equipment available.

HITT n BURN: For those ready to take their fitness to the next level. Training ropes, plyometrics, cardio and weights will all be used to get through this drenching workout!

WAKE UP RIDE: Not your traditional Spin class! Get your heart rate up while the instructor guides you through different terrain and incorporate strength training.

CYCLE BEAST: Indoor Spin classes can burn 350-400 calories and is perfect for all fitness levels! The instructor will guide you on a ride that mimics flat roads, hills and sprints.

REPS N SETS/15 min. Abs : A unique class to mix up your weekly routine. 30 intense minutes of multi planar training designed to burn more calories and create more lean definition to your physique with less impact on your joints...followed by an intense 15 minute all around ab workout. 2 separate classes in one!

Pilates: This class emphasizes proper postural alignment, core strength and muscle balance. A great way to building strength and increase flexibility.

BOOT CAMP WITH Ryan/Sharon: Join Personal Trainer Ryan and Group Trainer Sharon as they take you through a quick and effective workout that will be just enough for that needed lunch break. Wednesday’s class is on the club floor. Thursday’s class is inside the Group Fitness Studio.

ALIGN & FLOW/ SUNRISE YOGA: Hard day at work? Join us for total relaxation focused on breathing and getting in tune with your muscles.

ZUMBA: Ditch the workout and join the party

SUNSET YOGA: Hard day at work and need some time before your commute home? Join us for total relaxation and meditation that will get you ready to relax for the rest of your evening.

RIP N RIDE: Improve your cardiovascular condition, increase muscle tone and have fun in this heart racing cardio class mixed with free weight toning exercises

Kick n Cut: 45 minutes of kickbox combos, drills, strength and core. Add fun music and you have yourself a thorough cardio workout that is for every level.

YAY FOR YOGA: End your work week right and start with an early afternoon yoga session that will keep you refreshed and ready to bring on the weekend. All levels welcome.

ROLL WITH IT- FOAM ROLL STRETCH : Offered every LAST Tuesday at 11:30a-12:10pm. Join us for an intense and effective foam rolling class where different techniques of stretching are used for an effective start or end to your workout.