



GROUP X - APRIL

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------|---|---|---|---|--|---|
| 5:30, 5:45 & 6:00 | 6:00 Bootcamp -Bradley (Gym) (30m) | 5:45 Cycle -Christina (Studio 1) | 6:00 Bootcamp -Bradley (Gym) (30m) | 6:00 Bootcamp -Hope (Gym) | 5:30 Strength & Tone -Jann (Studio 2) | |
| 8:00 & 8:30 | 8:00 Strong Seniors -Lucy (Studio 2) ● | 8:30 Fit & Fab -Mittie (Studio 2) ● | 8:00 Strong Seniors -Lucy (Studio 2) ● | 8:30 30/30/30 -Kristina (Studio 1) (90m) | 8:00 Strong Seniors -Lucy (Studio 2) ● | 8:00 Full Body Conditioning -Jann (Gym) |
| 9:00 & 9:30 | 9:00 INSANITY -Jessica M. (Studio 2) | 9:00 Power Step -Jessica G. (Studio 1) | 9:00 Full Body Conditioning -Missy S. (Studio 2) | 9:00 Power Yoga Fit -Tara (Studio 2) | 9:00 P90X -Jessica G. (Studio 2) | 9:00 Full Body Cond. -Hope (Studio 2) |
| | 9:00 Cycle -Ronda (Studio 1) | 9:30 Yoga -Mittie (Studio 2) ● | 9:00 Cycle -Ronda (Studio 1) | | 9:00 Cycle -Christina (Studio 1) | 9:00 Cycle -Reyhan (Studio 1) |
| 10:05, 10:15 & 12:00 | 10:15 Zumba -Norma (Studio 2) | 12:00 P90X -Abby (Studio 2) (45m) | 10:15 Zumba -Norma (Studio 2) | | 10:15 Zumba Toning -Norma (Studio 2) | 10:05 Yoga -Katie (Studio 2) |
| | 12:00 Cycle -Kristina (Studio 1) (45m) |  | | | | |
| 4:00 & 5:00 | | 4:00 Yoga -Emilee (Studio 2) | 5:00 Yoga-Lates -Tammy (Studio 2) ● | 5:00 Abs (30) -Missy S. (Studio 2) | | SUNDAY |
| 5:05, 5:15, 5:30 & 5:45 | 5:45 X-Train -Hope (Studio 2) | 5:15 Abs (30) -Tara (Studio 2) | 5:05 INSANITY -Jessica M (Studio 1) (45m) | 5:30 Xtrain -Missy S. (Gym) | | 2:00 INSANITY Studio 2 -Rotating Instructor |
| | | 5:30 Cycle -Emilee Studio 1 (45m) | | | | |
| 5:45, 6:00 & 6:05 | | 5:45 X-Train -Missy G. (Gym) | 6:00 Full Body Conditioning -Hope (Studio 2) | 6:00 P90X -Abby Studio 2 | |  |
| | | 6:00 Strength & Toning -NaTosha (Studio 2) (45m) | 6:05 Cycle/Abs -Abby (Studio 1) (45Cycle/15Abs) | | | |
| 7:00 | 7:00 Zumba -Alla (Studio 2) | 7:00 Hip Hop Cardio -Toni (Studio 2) | | | | |

● Denotes Low Impact Class

*** NEW CLASSES & TIME/LOCATION CHANGES HIGHLIGHTED IN PINK!!!!**

CLASS NEWS

- ◆ CHECK OUT THE NEW CYCLE BIKES!!
- ◆ Beach Body's "CORE DE FORCE" coming in June! MMA Inspired Boxing & Kick Boxing Style Workout!
- ◆ Extended Child Watch Hours until 12:45 for Monday Cycle and Tuesday P90X Workouts both 12:00-12:45!

CORE DE FORCE LIVE!



CLASS DESCRIPTIONS

Abs-Core & Abdominal strengthening (30 minutes)

Bootcamp-Quick, Full Body HIIT workout.

Cycle-Cardiovascular group workout on a cycle bike.

Fit & Fab-Burn body fat & tone up while doing low impact aerobic & weight exercises.

Full Body Conditioning- Combination of aerobic and resistance training for a full body workout.

Hip Hop Cardio-Dance moves choreographed to hip hop music.

Insanity-High Intensity Interval Workout. All Body Weight.

INSANITY LIVE!

Kick, Punch & Crunch-High Intensity Kick Boxing and Abs.

Power Step Pumping Cardio with a Step.

Power Yoga Fit-Flexibility, muscle strengthening & toning using your own body weight with faster flows and intense poses.

P90X- Full Body Workout. Including Body Weight, and Resistance Training.

P90X LIVE!

Strength & Toning -Body Weight & Weight Circuit Training.

Strong Seniors-Improve strength, core control, balance & flexibility in a fun format.

Xtrain-Cross Train Style Class.

Yoga- Improves flexibility, balance, muscular strength, bone density & mental focus.

Y-Pilates- Yoga Postures Pilates & core workout.

Zumba- Combines Latin & International music for a dance inspired aerobic workout "party". Lots of fun & easy to learn.

Zumba Toning-Full Body Toning, using toning sticks! Choreographed to Latin Music!

30/30/30- 30 minutes of resistance training, 30 minutes of cycling, 30 minutes of ab/core work.

ALL CLASSES ARE AN HOUR UNLESS NOTED OTHERWISE.