



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# EXERCISE IS FUN WITH FRIENDS!

## GROUP X - DECEMBER 2017

● Denotes Low Impact Class

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 & 6:00	<b>6:00 Bootcamp</b> -Bradley (Gym) (30 min)	<b>5:45 Cycle</b> -Christina (Studio 1)	<b>6:00 Bootcamp</b> -Bradley (Gym) (30 min)	<b>6:00 Bootcamp</b> -Hope (Gym)	<b>6:00 INSANITY</b> -Jessica M. (Studio 2) (50 min)	
8:00, 8:15 & 8:30	<b>8:00 Strong Seniors</b> -Lucy (Studio 2) ●	<b>8:30 Kettlebell Hour</b> -Randy (Gym)  <b>8:30 Fit &amp; Fab</b> -Mittie (Studio 2) ●	<b>8:00 Strong Seniors</b> -Lucy (Studio 2) ●	<b>8:30 Kettlebell Hour</b> -Randy (Gym)  <b>8:30 30/30/30</b> -Kristina (Studio 1) (90min)	<b>8:00 Strong Seniors</b> -Lucy (Studio 2) ●	<b>8:15 Full Body Conditioning</b> -Jann (Gym)
9:00 & 9:30	<b>9:00 INSANITY</b> -Jessica M. (Studio 2)  <b>9:00 Cycle</b> -Ronda (Studio 1)	<b>9:00 Power Step</b> -Jessica G (Studio 1)  <b>9:30 Yoga</b> -Mittie ● (Studio 2)	<b>9:00 Full Body Conditioning</b> -Missy S. (Studio 2)  <b>9:00 Cycle</b> -Ronda (Studio 1)	<b>9:00 Power Yoga Fit</b> -Tara (Studio 2)	<b>9:00 Power Step</b> -Jessica G. (Studio 2)  <b>9:00 Cycle</b> -Christina (Studio 1)	<b>9:00 Full Body Conditioning</b> -Hope/Missy S (Studio 2)  <b>9:00 Cycle</b> -Reyhan (Studio 1)
10:05 & 10:15	<b>10:15 Zumba</b> -Norma (Studio 2)		<b>10:15 Zumba</b> -Norma (Studio 2)			<b>10:05 Yoga</b> -Katie (Studio 2)
4:00		<b>Yoga</b> -Emilee (Studio 2)				<b>SUNDAY</b>
5:00 & 5:15	<b>5:00 Cycle</b> -Rotating (45 min.) (Studio 1)	<b>5:15 Abs (30 Min)</b> -Jessica M. (Studio 2)	<b>5:00 Yoga-Lates</b> -Tammy ● (Studio 1)	<b>5:00 Abs (30 Min)</b> -Missy S. (Studio 2)		<b>2:00 (50 min) INSANITY Studio 2</b> -Jessica M.
5:30 & 5:45	<b>5:45 X-Train</b> -Hope (Gym)	<b>5:45 X-Train</b> -Missy G. (Gym)		<b>5:30 Power Step</b> -Steve (Studio 2) <b>5:30 Xtrain (45 Min)</b> -Missy S. (Gym)		
6:00 & 6:30	<b>6:00 Zumba</b> -Alla (Studio 2)	<b>6:00 Powerhouse Fit</b> -NaTosha (Studio 2)	<b>6:00 Full Body Conditioning</b> -Hope (Studio 2)	<b>6:30 STRONG</b> -Alla (Studio 2)		
7:00		<b>7:00 Hip Hop Cardio</b> -Toni (Studio 2)				



## CLASS NEWS

- ♦ **NEW** –INSANITY on Monday 9am, Friday 6am and Sunday 2pm! Free!
- ♦ **TIME/DAYS/LOCATION CHANGES**– All Changes are **HIGHLIGHTED IN BLUE.**
- ♦ **CANCELLED CLASSES:**
  - \*Christmas Eve, Christmas Day, New Years Day.
  - \*No Cycle 5:00 on Monday, Dec 4.

## DON'T FORGET

- ♦ Register at "[rainedout.com](http://rainedout.com)" to receive a text message for cancellations and special announcements!
- ♦ Zumba/Hip Hop Cardio Christmas Party on Tuesday, December 19th from 7:00-8:15! Bring a friend for free!
- ♦ OCR Training starts January 3-April 4th! Wednesday from 6:00-7:30! See front desk for details!

# CLASS DESCRIPTIONS

**Ab Blast**-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.

**Kettlebell Hour**- Develop serious strength, stamina & mobility through the fundamentals of kettlebell training.

**Power House Fit** -Body Weight & Weight Circuit Training.

**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.

**STRONG** Music Led High Intensity Interval Workout. Music In-Sync with Workout!

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

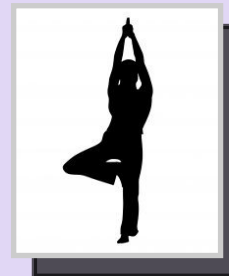
**Xtrain**-Cross Train Style Class.

**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.

**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.\*\*\***