





# GROUP X - FEBRUARY

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**\*ALL NEW CLASSES HIGHLIGHTED IN BLUE**  
**\*ALL TIMES/DAYS/LOCATION CHANGES IN**

 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)	
8:00 & 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 30/30/30</b> -Kristina (Studio 1) (90min)	<b>8:00 Strong Seniors</b> -Lucy (Studio 2)	<b>8:00 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 P90X</b> -Jessica G. (Studio 2)   <b>9:00 Cycle</b> -Christina (Studio 1)	<b>9:00 P90X</b> -Abby (Studio 2)  <b>9:00 Cycle</b> -Reyhan (Studio 1)
10:05 & 11:45	<b>10:15 Zumba</b> -Norma (Studio 2)	<b>11:45 P90X</b> -Abby (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>5:15 Abs (30 Min)</b> -Tara (Studio 2)	<b>5:00 Yoga-Lates</b> -Tammy (Studio 2)	<b>5:00 Abs (30 Min)</b> -Missy S. (Studio 2)		<b>2:00 INSANITY Studio 2</b> -Jessica /Kim
5:30 & 5:45	<b>5:45 X-Train</b> -Hope (Studio 2)	<b>5:45 X-Train</b> -Missy G. (Gym) *(Studio 2 until 2/20)		<b>5:30 Power Step</b> -Steve (Studio 2) <b>5:30 Xtrain (45 Min)</b> -Missy S. (Gym)		
6:00 & 6:15		<b>6:00 Powerhouse Fit</b> -NaTosha (Studio 2) (Studio 1 until 2/20)	<b>6:00 Full Body Conditioning</b> -Hope (Studio 2)  <b>6:15 Cycle (45 min)</b> -Abby (Studio 1)			
6:30, 6:45 & 7:00	<b>6:45 Zumba</b> -Alla (Studio 2)	<b>7:00 Hip Hop Cardio</b> -Toni (Studio 2)		<b>6:30 Kick,Punch &amp; Crunch</b> -Alla (Studio 2)		

## CLASS NEWS

- ◆ **NEW –P90X LIVE CLASSES!**
- ◆ **TIMES/DAYS/LOCATION CHANGES–**  
All Changes are **HIGHLIGHTED IN BLUE.**
- ◆ **NEW CLASSES–are HIGHLIGHTED IN RED.**
- ◆ **Thank you for your patience while we share the gym space with our youth!**



## 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. All Body Weight.



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

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

◆ **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.

◆ **P90X**- Full Body Workout. Including Body Weight, and Resistance 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.

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

