



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXERCISE IS FUN WITH FRIENDS!

GROUP X - JANUARY 2018

● Denotes Low Impact Class

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



CLASS NEWS

- ◆ NEW –Cycle on Wednesdays at 6:30!
- ◆ TIME/DAYS/LOCATION CHANGES– All Changes are **HIGHLIGHTED IN BLUE**.
- ◆ NEW EQUIPMENT COMING: New Resistant Bands, Sliders, Mini Bands, Mats, Sand Bags and Various New Weights!
- ◆ New Intense Circuit Aquatic Classes!

DON'T FORGET

- ◆ Register at "**rainedout.com**" to receive a text message for cancellations and special announcements!
- ◆ OCR Training starts January 3-April 4th! **Wednesday's 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. All Body Weight.

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 or cardio, 30 minutes of ab/core work.





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ALL CLASSES ARE AN HOUR UNLESS NOTED OTHERWISE.