



GROUP X - JULY

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 X-Train -Kristina/Tara (Gym) 8:30 Fit & Fab -Mittie (Studio 2) ●	8:00 Strong Seniors -Lucy (Studio 2) ●	8:30 X-Train -Kristina (Gym)	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 Core De Force (1st & 3rd) Full Body Conditioning (2nd) -Missy(Studio2) 9:00 Cycle -Ronda (Studio 1)	9:00 Power Yoga Fit -Tara (Studio 2)	9:00 P90X -Jessica G. (Studio 2) 9:00 Cycle -Christina/Wendy (Studio 1)	9:00 Core De Force Hope/Missy (Studio 2) 9:00 Cycle -Reyhan (Studio 1)
10:05 & 12:00	10:05 (30min) Upper Body Weights -Jessica(Studio 2)	12:00 P90X -Abby (Studio 2) (45m)	10:05 (30min) Abs -Kristina (Studio 2)			10:05 Yoga -Katie (Studio 2)
4:00 & 5:00		4:00 Yoga -Emilee (Studio 2)	5:00 Yoga-Lates -Tammy (Studio 1) ●			
5:10, 5:15, 5:30 & 5:45	5:45 X-Train (1st, 3rd & 5th) Core de Force (2nd & 4th) -Hope (Studio 2) (45min)	5:15Abs -Emilee (Studio2)(30min) 5:45 X-Train -Missy G. (Gym)	5:10 INSANITY -Jessica M (Studio 2) (45m)	5:30 Xtrain -Missy S. (Gym)		
6:00, 6:05 & 6:30	6:30 Mindfulness Meditation -Mike A (Studio 1)	6:00 Cycle -Emilee (Studio1)(45min) 6:00 Strength & Toning -NaTosha (Studio 2) (45m)	6:00 Full Body Conditioning -Hope (Studio 2) 6:05 Cycle/Abs -Abby (Studio 1) (45Cycle/15Abs)	6:00 P90X -Abby Studio 2		
6:45 & 7:00	6:45 Zumba -Toni (Studio 2)	7:00 Hip Hop Cardio -Toni (Studio 2)		7:05 Zumba -Norma (Studio 2)		

● NEW CLASSES & TIME/LOCATION CHANGES HIGHLIGHTED IN BLUE!!!!

● Denotes Low Impact Class

CLASS NEWS

- ♦ **Beach Body's "CORE DE FORCE"** beginning this month! Body weight only, MMA Inspired Boxing & Kick Boxing Style Workout! Check out schedule for days offered. Note that it will be every other week on Monday's at 5:45pm and every other week on Wednesday's at 9:00am!



CLASS DESCRIPTIONS

Abs-Core & Abdominal strengthening (30 minutes)

Bootcamp- Quick, Full Body workout.

Core De Force-MMA Inspired Boxing & Kick Boxing Style Workout. Body Weight Only.

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.

Mindfulness Meditation- secular sitting and walking meditation, no experience necessary!

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.

Strength & Toning -Body Weight & Weight Circuit Training.

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

Upper Body Weights-Resistance Training targeting upper body parts.

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.



ALL CLASSES ARE AN HOUR UNLESS NOTED OTHERWISE.