



GROUP X - MARCH

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 & 6:00	6:00 Bootcamp -Bradley (Gym) (30)	5:45 Cycle -Christina (Studio 1)	6:00 Bootcamp -Bradley (Gym) (30)	6:00 Bootcamp -Hope (Gym)	6:00 INSANITY -Jessica M. (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) (90)	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 P90X -Abby (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 & 11:45	10:15 Zumba -Norma (Studio 2)	11:45 P90X -Abby (Studio 2)	10:15 Zumba -Norma (Studio 2)		10:15 Zumba Toning -Norma (Studio 2)	10:05 Yoga -Katie (Studio 2)
4:30 & 5:00		4:30 Yoga -Emilee (Studio 1)	5:00 Yoga-Lates -Tammy (Studio 2)	5:00 Abs (30) -Missy S. (Studio 2)		SUNDAY
5:15 & 5:30 & 5:45	5:45 X-Train -Hope (Studio 2)	5:15 Abs (30) -Tara (Studio 2)	5:15 INSANITY (45) -Jessica M (Studio 1)	5:30 Power Step -Steve (Studio 2)		2:00 INSANITY Studio 2 -Jessica M./ Kim
		5:45 X-Train -Missy G. (Gym)		5:30 Xtrain -Missy S. (Gym)		
6:00		6:00 (45) Strength & Toning -NaTosha (Studio 2)	6:00 Full Body Conditioning -Hope (Studio 2)			
			6:00 Cycle/Abs (45Cycle/15Abs) -Abby (Studio 1)			
6:30, 6:45 & 7:00	6:45 Zumba -Alla (Studio 2)	7:00 Hip Hop Cardio -Toni (Studio 2)		6:30 Kick,Punch & Crunch -Alla (Studio 2)		

* NEW CLASSES HIGHLIGHTED IN PINK
* TIMES/DAYS/STUDIO CHANGES IN ORANGE

Denotes Low Impact Class

CLASS NEWS

- ◆ **NEW CLASSES**—ZUMBA TONING ON FRIDAY MORNINGS & INSANITY ON WEDNESDAY NIGHTS!
- ◆ **NEW CYCLE BIKES COMING SOON!!!!**
- ◆ **ZUMBA FUNDRAISER** -ON MARCH 17TH FROM 9-12! HELP RAISE AWARENESS AND FUNDS FOR THE WOMEN'S RESOURCE CENTER!!!



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.



◆ **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.



◆ **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.