



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EXERCISE IS FUN WITH FRIENDS!

## GROUP X - OCTOBER 2017

● Denotes Low Impact Class

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00	<b>Bootcamp</b> -Bradley (Gym) (30 min)	<b>5:45 Cycle</b> -Christina (Gym)	<b>Bootcamp</b> -Bradley (Gym) (30 min)	<b>Bootcamp</b> -Hope (Gym)	<b>Bootcamp</b> -Bradley (Gym) (30 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>8:00 Strong Seniors</b> -Lucy (Studio 2) ●	<b>8:15 Full Body Conditioning</b> -Jann (Gym)
9:00 & 9:30	<b>Full Body Conditioning</b> -Tara/Jessica M. (Studio 2)  <b>Cycle</b> -Ronda (Gym)	<b>Power Step</b> -Jessica G (Studio 1)	<b>Full Body Conditioning</b> -Missy S. (Studio 2)  <b>Cycle</b> -Ronda (Gym)	<b>Power Yoga Fit</b> -Tara (Studio 2)	<b>Full Body Conditioning</b> -Jessica G. (Studio 2)  <b>Cycle</b> -Christina (Gym)	<b>9:00 Full Body Conditioning</b> -Hope/Missy S (Studio 2) <b>9:30 Cycle</b> -Rey
10:15 & 10:30	<b>10:30 Zumba</b> -Norma (Studio 2)		<b>10:30 Zumba</b> -Norma (Studio 2)	<b>10:15 Tabata</b> -Jessica M. (Studio 2) 45 min		<b>10:15 Yoga</b> -Katie (Studio 2)
4:00		<b>Yoga</b> -Emily (Studio 1) <b>Dance Cardio</b> -Toni (Studio 2) <i>*NEW DAY*</i>				
5:00		<b>Abs (30 Min)</b> -Jessica M. (Studio 2)	<b>Yoga-Lates</b> ● -Tammy (Studio 1)	<b>Abs (30 Min)</b> -Missy S. (Studio 2)		
5:30	<b>Y Pilates</b> -Steve (Studio 2)	<b>X-Train</b> -Missy G. (Gym) <b>Body Evolution</b> -Tammy (Studio 1)		<b>Power Step</b> -Steve (Studio 2)  <b>Xtrain (45 Min)</b> -Missy S. (Gym)		
5:45 & 6:00	<b>5:45 X-Train</b> -Hope (Gym)	<b>6:00 Powerhouse Fit</b> -NaTosha (Studio 2)	<b>6:00 Full Body Conditioning</b> -Hope (Studio 2)			
6:30 & 7:00	<b>7:00 Zumba</b> -Alla (Studio 2)			<b>6:30 *NEW* STRONG</b> -Alla (Studio 2)		



## CLASS NEWS

- ◆ **NEW** –STRONG on Thurs. at 6:30 taught by Alla Scott, a HIIT Music-Led Workout.
- ◆ **NEW TIME&DAY**– Dance Cardio with Toni has moved to Tuesdays at 4:00!
- ◆ **GOOD LUCK**- to Linda Glover our Zumba Gold instructors who will be leaving! Welcome to Norma Martinez who will now be teaching Zumba.

## DON'T FORGET

- ◆ Register at "[rainedout.com](http://rainedout.com)" to receive a text message for cancellations and special announcements!
- ◆ Don't forget to register at the front desk for our Cycle-Thon on Saturday, October 21st from 9:30-11:00! Free Massages by Wendy Clingenpeel from *Loula B's*, Healthy Snacks, and Silent Auction.

## CLASS



## DESCRIPTIONS

**Ab Blast**-Core & Abdominal strengthening (30 minutes)

**Body Evolution**-Focuses on smaller & larger muscle groups using weights, Pilates and power yoga moves.

**Bootcamp**-Quick, Full Body HIIT workout.

**Cycle**-Cardiovascular group workout on a cycle bike.

**Dance Cardio**- High energy, easy to follow dance moves to the latest dance music.

**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.

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

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



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

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

**Tabata**- High Intensity Format.

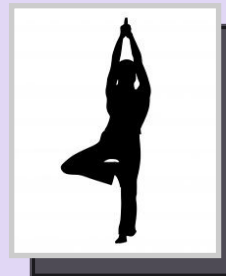
**Xtrain**-Cross Train Style Class.

**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 Gold**- A less intense Zumba.



\*\*\*ALL CLASSES ARE AN HOUR UNLESS NOTED OTHERWISE.\*\*\*