



# Group Exercise

STUDIO I –UPSTAIRS  
STUDIO II—GYM

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

\*New Classes/Time

## Monday

- 6:00am Sunrise Boot Camp  
-Bradley (Gym)
- 8:00am Strong Seniors  
-Lucy (Studio II)
- 8:00am Cross Training  
-Rob/Pam (Gym)
- 9:00am Monday "Kick" Off  
-Alla (Studio II)
- 9:15am Cycle  
-Rhonda (Gym)
- \*12:10pm Lunch Cycle & Sculpt  
-Jen (Gym)
- 5:30pm Cross Training  
-Randy (Gym)
- 5:30pm Y Pilates  
-Steve (Studio II)
- \*6:00pm Boot camp Box +Pump  
-Christy (Studio I)
- \*7:00 Zumba w/ Alla  
(Studio II)

## Tuesday

- 5:45am Sunrise Cycle  
-Christina (Gym)
- 8:00am Cross Training  
-Rob/Pam (Gym)
- 8:30am Fit and Fab  
-Mittie (Studio II)
- \*9:00am Power step + super sculpt  
-Christy (Studio I)
- 9:30am Yoga  
-Mittie (Studio II)
- 5:00pm Rock Hard Abs  
-Allen (Studio I)
- 5:35pm Body Evolution  
-Tammy (Studio I)
- 5:30pm Cross Training  
-Randy (Gym)
- \*\*6:00pm Total Body Conditioning + Chisel  
-Alla (Studio II)
- 6:35pm Zumba  
-Luisa (Studio I)
- 7:00pm Total Body FIT  
-Jennifer (Gym)

## Wednesday

- 6:00am Sunrise Boot Camp  
-Bradley (Gym)
- 8:00am Strong Seniors  
-Lucy (Studio II)
- 8:00am Cross Training  
-Rob/Pam
- \*9:00am 20/20/20  
-Missy (Studio II)
- 9:15am Cycle Tour  
-Rhonda (Gym)
- \*12:10pm Power Lunch  
-Natosha (Studio I)
- 5:30pm Yoga-Lates  
-Tammy (Studio I)
- 6:00pm Cycle  
-Penny (Gym)
- \*6:00pm Cardio Craze + Booty Burn  
-Hope (Studio II)
- 7:00pm Yin Yoga Stretch  
-Katie (Studio II)

## Thursday

- \*6:00am Sunrise Bootcamp  
-Jessica (Studio 1)
- 8:00am Cross Training  
-Rob/Pam (Gym)
- \*9:00am Power Hour  
-Tara (Studio II)
- 5:00pm Rock the Core  
-Allen (Studio II)
- 5:35pm Kick it up/Mix it Up  
-Steve (Studio II)
- 5:30pm Cross training  
-Randy (Gym)
- 6:00pm Cycle -Penny (Gym)
- \*6:00pm Cardio Combo+Low Impact Powerhouse  
-Natosha (Studio I)
- 6:30pm Zumba  
-Luisa (Studio II)

### \*\*JANUARY SPECIALS\*\*

INSANITY:FREE TO MEMBERS  
See Insanity flyer for info.  
10:00am SATURDAYS!!!  
(Studio I)  
3RD, 10TH, 31ST-Body Blast  
W/Missy  
17TH & 24TH- Eccentric  
Training with HIIT W/Jen

## Friday

- 6:00am Sunrise Boot Camp  
-Bradley (Gym)
- 8:00am Strong Seniors  
-Lucy (Studio II)
- 8:00am Cross Training  
-Rob/Pam (Gym)
- \*9:00am Boot camp Box + TNT  
-Christy (Studio II)
- 9:15 Cycle (Gym)  
-Christina
- 12:30pm Lunch Break  
Yoga Sculpt  
-Mittie (Studio II)

## Saturday

- \*\*See Jan. Specials\*\*
- 9:00am Zumba-Luisa or Christy W. (Studio II)
- 10:00am Yoga -Katie (Studio II)

## Sunday

- 3:00pm Total Body FIT  
-Jennifer (Gym)



***Body Blast***– Circuit Training with tons of leg and glute work. Includes cardio and core work as well.

***Bootcamp Box + TNT***– Boot camp style kickboxing workouts with sprints, drills, plyometrics and toning.

***Body Evolution*** – Focuses on smaller and larger muscle groups using weights,

***Bootcamp Box+ Pump***– A mixture of Kickboxing & Basic Cardio Plus

***Cardio Craze + Booty Burn***–A variety of cardio exercises plus lower body blast & a core segment.

***Cardio Combo + Low Impact Powerhouse*** – This includes weight circuit training and cardio.

***Cross Training***– Switch it up every class with challenging strength and stamina building exercises. Taught by personal trainers.

***Cycle*** – Guides participants through workout phases. Warm-up, cadences, sprints, climbs, cool-downs, etc. Bring a towel and water bottle!

***Fit and Fab*** – Burn body fat and tone up while doing low impact aerobics and weight exercises.

***Kick it up, Mix it up*** – Utilizes various kickboxing moves, floor work, free-weights and some drills. A fun interesting and challenging class.

***Lunch Cycle & Sculpt***–A sweat fest!

***Monday “Kick” Off***– High energy cardio Kickboxing +weights/core.

***Power hour Yoga Fit***– Ultimate workout! Power Yoga, Cardio, flexibility, strengthening, with both body weight and free weights.

***Power lunch***–Quick cardio workout, includes weights Boxing Blast + Hard bodies– Boom! Cardio Kickboxing, weight work and core work.

***Power Step + Super sculpt***– Pumping cardio with step, weights and core.

***Rock Hard Core*** – A wide variety of exercises meant to challenge your stabilizers, your back and your abs. Fine for beginners or advanced.

***Sunrise Boot Camp***–A great way to start the day. This class will get your heart rate up and keep it there using a series of drills and exercises.

***Strong Seniors*** – is fantastic for the active older adult as well as beginners . This class is primarily performed in a chair.

***Total Body F.I.T (Fresh Interval Training)***–Reach your goals ,learn proper form and burn fat with this mix of original and interesting intervals.

***Total body conditioning + Chisel***– All over body experience with high intensity interval training, weights and core.

***Yoga***– Improves flexibility, balance, muscular strength, bone density and mental focus./ ***Yin Yoga***– Gentle stretching Yoga .

***Y Pilates***– Yoga postures Pilates and core workout.

***Zumba***– combines Latin and international music for a one of a kind dance based aerobic workout “party”. Lots of fun and

***Zumba 30/30***– A tag team –style Zumba party that is sure to get you moving. Enjoy the luxury of having two fantastic instructors leading you through a Zumba Party!

***20/20/20***– All encompassing 20 mins of cardio/20 mins of legs glutes, arms/20 mins of core ,stretch.