



# Group Exercise

STUDIO I—UPSTAIRS

STUDIO II—GYM

June 2017

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

\*New Classes/Time

## Monday

6:00am Sunrise Boot Camp  
-Bradley (Gym) I/A

8:00am Strong Seniors  
-Lucy (Studio II) B

9:00am MONDAY MELTDOWN!  
-Tara/Jessica  
(Studio II) I/A

9:00am Cycle  
-Rhonda (Gym) B/I/A

9:45am Move With Mommy  
-Victoria, (Studio 1) B/I/A

10:15am Zumba Gold  
-Linda (Studio II) B

5:30pm X-Train WOD  
-Hope (Gym) I/A

5:30pm Y Pilates  
-Steve (Studio II) B/I/A

\*\*NEW! 6:00pm Intense Abs  
—Xavier (Studio I) B/I/A

NEW \*\*6:15pm Summer Body  
Fit Christy (Studio II) I/A

7:00pm Zumba  
-Alla (Studio II) B/I/A

## Tuesday

5:45am Sunrise Cycle  
-Christina (Gym) B/I/A

8:30am Kettlebell Hour  
-Randy (Gym) B/I/A

8:30am Fit and Fab  
-Mittie (Studio II) B/I

9:00am Power Step +  
Super Sculpt  
-Christy (Studio I) B/I/A

9:30am Yoga  
-Mittie (Studio II) B/I

5:00pm 30min Ab Blast!  
-Jessica (Studio II) B/I/A

5:00pm Zumba Gold  
-Linda (Studio I) B

5:45pm Low Impact Cardio  
Sculpt  
-Tammy (Studio I) B/I

5:30pm X-Train WOD  
-Missie Gerst (Gym) I/A

6:00pm Powerhouse Fit  
(Weights)  
-NaTosha (Studio II) B/I/A

## Wednesday

6:00am Sunrise Boot Camp -  
Bradley (Gym) I/A

8:00am Strong Seniors  
-Lucy (Studio II) B

8:30am Cross Training  
-Jessica (Gym) I/A

9:00-10:00am  
1HOUR! Spin-ergy  
-Ronda (Gym) B/I/A

9:00am-10:00am Better  
Body Bootcamp!  
-Missy (Gym & Studio II) I/A

9:45am Move With Mommy  
-Victoria, (Studio 1) B/I/A

\*\*10:15am Zumba Gold  
-Linda (Studio II) B

5:00pm Yoga-Lates  
-Tammy (Studio I) B/I

6:00pm Better Body Boot-  
camp!  
-Hope (Studio II, Outside) I/A

\*\*NEW! 6:00pm Intense Abs  
—Xavier (Studio I)

## Thursday

6:00am Sunrise Bootcamp –  
Jessica (gym) I/A

8:30am Kettlebell Hour  
-Randy (Gym) B/I/A

9:00am Power Yoga Fit!  
-Tara (Studio II) B/I/A

NEW!!! 10:05am-10:50am  
Cardio Quickie & Intense Abs!  
(Studio II) B/I/A

5:00pm 30min Ab Blast!  
-Missy (Studio II)  
B/I/A

5:35pm Kick it up/Mix it Up-  
Steve (Studio II) B/I/A

5:30pm X-Train WOD  
(45 mins)  
Missy Schmidt (Gym) B/I/A

\*\*7:00pm Dance Cardio  
Toni Lynn (Studio II) B/I/A

## Friday

6:00am Sunrise Boot Camp  
-Bradley (Gym) I/A

8:00am Strong Seniors  
-Lucy (Studio II) B

9:00am-10:00am  
1HOUR! Spin-ergy (Gym) -  
Christina B/I/A

NEW\*\*9:00am Summer Body  
Fit-Christy (Studio II, Gym)  
I/A

9:45am Move With Mommy  
-Victoria, (Studio 1) B/I/A

## Saturday

**8:15am Jann's Insane Body**  
Challenge (Gym) I/A

9:00am Total Body Condi-  
tioning Hope/Missy  
(Studio II) B/I/A

10:00am Yoga—Katie  
(Studio 2) B/I/A

*Beach Body Fit*— Inside/Outside Circuit Training with Cardio (Sprints, Hills, Drills) and Weight Training.

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

*Bootcamp*— A mix of calisthenics including pushups, pullups, crunches, lunges as well as drills, sprints, plyometrics & more!

*Cardio Quickie*— Short sessions of high energy cardiovascular exercises.

*Kettlebell Hour*— develop serious strength, stamina and mobility. Learn the main Hardstyle kettlebell techniques, with assistance drills, calisthenics and a progressive format, Beginners welcome!

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

*Dance Cardio*— Have fun burning calories with high energy, easy to follow dance moves to your favorite dance music!

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

*Intense Abs*—Hard core abdominal conditioning.

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

*Low Impact Cardio Sculpt*— For all fitness levels... **a blend of cardiovascular exercises with** light weight training.

*Monday Meltdown*— High energy cardio w/ Kickboxing +weights/core.

*Move With Mommy*—For new moms! develop strength, stability and cardio with this circuit class. .Wear your baby in a front or back-style carrier.

*Powerhouse Fit & Pump it Pump*— Weight and body weight circuit training.

*Power Step + Super sculpt*— Pumping cardio w/ step, weights and core.

*Power Yoga Fit*— Flexibility, muscle strengthening and toning using your own body weight with faster flows and intense poses. A total mind and body experience.

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

*Summer Body Fit* - Mix of Cardio, Strength and Weight Training with Drills, Sprints, Hills, Intervals, Body Sculpting w/ weights, tons of Ab/Core work.

*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.

*Super Circuit*—Form of body conditioning or resistance training using high intensity aerobic activity and weight training. Targets strength building and muscular endurance.

*X-Train WOD*— Workout of the Day-- Incorporates a variety of different types of exercises into a vigorous and supremely productive workout. Usually 30-45 minutes.

*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 easy to follow!** *Zumba GOLD*— A less intense Zumba class great for *beginners or seniors with modified movements.*

*30 min Ab Blast*— Primary focus on exercises for toning and strengthening the core and abdominal muscles. *Butts & Guts*—Lower body and abs.