



Group Exercise

STUDIO I —UPSTAIRS

STUDIO II—GYM

May 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 MELT-DOWN!**
-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 **6:15pm 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 1 HOUR! 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 Bootcamp!
-Hope (Studio II, Outside) I/A

6:00pm Spin-ergy
Jessica/Jenn (Gym) B/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

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

****6:15pm Pump it Up!**
Alla (Studio I) 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 1 HOUR! Spin-ergy (Gym) -
Christina B/I/A

NEW9:00am 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 Conditioning** Missy 6th & 27nd; Hope 13th & 20th (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!

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

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.

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.

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

STRONG!™-combines high intensity interval training with the science of Synced Music Motivation.

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.