



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

EXERCISE IS FUN WITH FRIENDS!

GROUP X - DECEMBER 2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15a - 7:15a	Cycle w/ Rebecca				
12:00 - 1:00p	Yoga				
5:15p - 6:15p		Zumba w/ Ronda	Yoga w/ Katie	Zumba w/ Ronda	
6:20p - 7:20p				Yoga w/ Leah	

About our classes:

Cycle—Rebecca Brittle

Our cycling class offers an hour long intensive workout focusing on strength and endurance. Each rider is challenged to transform their life and bodies as they engage in this journey. Cycling is for everyone of all fitness levels as the rider is in control of their own speed and resistance, while receiving positive encouragement and direction from the instructor. We invite all to come on this journey!

Zumba-Ronda Bryant, AFAA

Zumba® is an energetic dance fitness format that incorporates Latin and other international rhythms. This format mixes high and low intensity moves to provide an interval feel to the workout. Zumba® combines all elements of fitness—cardio, muscle conditioning, balance and flexibility and you'll leave class feeling awesome!

Yoga-Katie Zerhelt & Leah Yetzer

The practice of yoga is for all ages and will be a great benefit no matter what your skill level may be. You will gain flexibility and strength as well as become in tune with your breath and your body. The hatha style of yoga presented here is a beginner friendly style that is beneficial to all levels. Advanced students will have opportunities to learn advanced poses.



CLASS NEWS

- ♦ **NEW** –INSANITY on Monday 9am, Friday 6am and Sunday 2pm! Free!
- ♦ **TIME/DAYS/LOCATION CHANGES**– All Changes are **HIGHLIGHTED IN BLUE**.
- ♦ **CANCELLED CLASSES:**
 - *Christmas Eve, Christmas Day, New Years Day.
 - *No 5:00 Cycle on Monday, Dec 4.

DON'T FORGET

- ♦ Register at "rainedout.com" to receive a text message for cancellations and special announcements!
- ♦ Zumba/Hip Hop Cardio Christmas Party on Tuesday, December 19th from 7:00-8:15! Bring a friend for free!
- ♦ OCR Training starts January 3-April 4th! Wednesday's from 6:00-7:30! See front desk for details!

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.

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

Power House Fit -Body Weight & Weight Circuit Training.

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

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.

30/30/30- 30 minutes of resistance training, 30 minutes of cycling, 30 minutes of ab/core work.



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