



CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	<u>YOGA*</u> JAMIE 6-7AM		<u>YOGA*</u> JAMIE 6-7AM				
8:00AM	<u>BOOTCAMP</u> MEL 8-9AM		<u>SILVER SNEAKERS</u> MEL 8-9AM			<u>YOGA*</u> JAMIE 8-9AM	
9:00AM		<u>BOXING</u> YOHANCE 9:30-10:30AM		<u>BOXING</u> YOHANCE 9:30-10:30AM		<u>C. KICKBOXING</u> NANCY 9-10AM	
10:00AM						<u>BOXING</u> YOHANCE 10-11AM	
4:00PM	<u>POPS</u> CRYSTAL 4:15-5PM				<u>HAPPY HOUR-HIIT</u> CRYSTAL 4:15-5PM		
5:00PM	<u>ZUMBA</u> CASEY 5-6PM	<u>BOXING</u> YOHANCE 5-6PM	<u>BOXING</u> YOHANCE 5-6PM	<u>BOXING</u> YOHANCE 5-6PM			
6:00PM	<u>C. KICKBOXING</u> NANCY 6-7PM	<u>C. SCULPT</u> NANCY 6-7PM		<u>C. KICKBOXING</u> NANCY 6-7PM			

*-Denotes class is an extra charge.

CLASS DESCRIPTIONS

Bootcamp- A circuit training based class that gives every participant the opportunity to maximize the time toward achieving their fitness goals. All muscle groups are challenged in each session.

Boxing- Using traditional elements of the popular sport, this class will put you through a series of punch combinations while working simultaneously to help footwork and balance.

Cardio Kickboxing- Punch, kick, bob and weave your way to a higher fitness level. A total body workout combining kickboxing and MMA techniques, focusing on cardiovascular endurance and core training.

Cardio Sculpt- Interval training is a workout that involves a series of low to high intensity workouts interspersed with rest. The intervals are typically at or close to anaerobic exercise, while the recovery periods involve activity of lower intensity.

Happy Hour HIIT- Fun, fast-paced, action-packed HIIT full body workout. For all ages and fitness levels. You will be lead through boxing rounds where you'll use jabs, crosses, hooks, and uppercut combinations. Be ready to engage every muscle group.

POPS- A referral-only class designed for individuals with mental and physical disabilities. The class focuses on increasing strength, coordination, and balance while helping individuals with disabilities maintain an active lifestyle.

Silver Sneakers Classic- Increase your cardiovascular and muscular endurance power with a circuit workout that can be done standing or seated. Designed with seniors in mind, but anyone can enjoy this class.

Yoga*- Vinyasa flow incorporates breath and movement with postures to energize your day. Sequence will vary with a basic structure to create comfort and ease to your practice. Designed to strengthen your body and mind while providing a total body workout. All levels welcome.

Zumba- Zumba is a fitness program that combines Latin and international music with dance moves. The routines incorporate interval training, alternating fast and slow rhythms to help improve cardiovascular fitness.

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