

# Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>5:30am-6:15am</b>  Kellie		<b>5:30am-6:15am</b>  Kellie			
	<b>8:30-9am</b>  Jammy		<b>8:30-9am</b>  Lynn			<b>8:30-9:30am</b>  Kellie/Jammy
<b>9-10am</b>  Mary	<b>9-10am</b> Sweat & Sculpt Sonya	<b>9-10am</b>  Jammy	<b>9am-10am</b> Cardio Step Crispin	<b>9-10am</b>  Mary	<b>9-10am</b>  Belinda	
<b>10-11am</b>  Crispin	<b>10-11am</b> Gentle Yoga Yeganeh	<b>10am-11am</b>  Rebecca	<b>10-11am</b> Gentle Yoga Yeganeh	<b>10am-10:45am</b>  Sarah	<b>10-11am</b>  Katy	
				<b>10:45-11:30am</b> SoulBody UNHITCHED Megan	<b>11am-12pm</b>  Katy	
<b>5:30-6:30pm</b>  Belinda	<b>5:30-6:30pm</b>  Crispin	<b>5:30pm-6:30pm</b>  Ian	<b>5:30-6:15pm</b>  Katy	<b>5:30-6:00pm</b> HIIT Strength April/Steven	<div style="background-color: #8e7cc3; padding: 10px; border: 1px solid #34495e;"> <p><b>Kidz Club Hours:</b></p> <p><u>Morning Hours</u> Monday – Friday 8:30am – 12pm</p> <p><u>Afternoon Hours</u> Monday – Thursday 4:30pm -8pm Friday 4:30pm -7pm</p> <p><u>Saturdays</u> 8am-12pm</p> </div>	
<b>6:30-7:00pm</b>  Aga	<b>6:30-7:30pm</b>  April	<b>6:30-7:15pm</b>  Joyce/Belinda	<b>6:15-7:00pm</b>  Katy	<b>6:00-7:00pm</b>  Rebecca		
<b>7:00-7:45pm</b>  April						

## Class Descriptions

- BodyCombat** - Is the empowering cardio workout where you are totally unleashed. It's inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.
- BodyFlow** -A Yoga, Tai Chi and Pilates inspired workout leaving you long, strong, calm and centered and feeling balanced.
- BodyPump** -The original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast!
- HIIT Strength** - 30 minute High Intensity Interval Training session focused on creating muscular strength.
- CXWORX**- Hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.
- Sweat & Sculpt** -This class combines a variety of high intensity, fat burning cardio with lower intensity strength and core intervals. Low and high impact options are shown so it is great for all fitness levels.
- Yoga** - Classes are open to all levels of ability. All instructors are educated to give modifications. Benefits of yoga include: increased flexibility, stronger muscles, increased body awareness, improved posture, reduced stress and a relaxed and clear mind.
- Zumba** - ZUMBA is a fusion of Latin and International music – dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a competition of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.
- SoulBody UNHITCHED** - Brings that 'Boutique Barre Experience' to group exercise without a ballet barre! Unhitched delivers All of the same body-sculpting benefits as SoulBody Barre, but with a weighted bar-challenging balance and core stability. It's a mindfully-intense, total workout.