

January



Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am-6:30am		Spin Samantha		Spin Samantha	
6:00am-6:45am	Boot Camp Samantha		Boot Camp Samantha		Boot Camp Samantha
6:30am-7:00am		Tabata Samantha		PiYo Samantha	
7:00am-7:45am		Boot Camp Samantha		Boot Camp Samantha	
11:15am-11:45am	Abs N Arms Brandi		Abs N Buns Leslie		
11:30am-12:00pm	Spin Leslie	PiYo Samantha Scout Walk Becky	Spin Brandi 	PiYo Samantha Scout Walk Becky	Cardio Pump Leslie
12:00pm-12:30pm	Hip Hop Groove Stefani Cardio Pump Brandi	Spin Leslie Zumba Step Stefani	Zumba Stefani Cardio Pump Leslie	Spin Brandi Circuit Training Leslie	
12:00pm-12:45pm	Boot Camp Leslie/Samantha		Boot Camp Brandi/Kim		Boot Camp Brandi/Leslie
12:15pm-12:45pm		Turbo Kick Kim		Turbo Kick Kim	
4:30pm-5:15pm	Boot Camp Leslie/Kim		Boot Camp Brandi/Kim		
4:30pm-5:15pm	Spin Brandi Zumba Stefani	Anything Goes Kim Abs N Arms Brandi	Cycle/Run/Sweat Leslie Hip Hop Groove Stefani	Anything Goes Kim Abs N Buns Leslie	Turbo Kick Kim
5:15pm-6:00pm	Circuit Training Brandi	Boot Camp Leslie/Brandi Line Dancing Stefani	Circuit Training Leslie	Boot Camp Brandi/Leslie Hip Hop Groove Stefani	
5:30pm-6:15pm	Turbo Kick Kim		Turbo Kick Kim		
6:00pm-6:45pm		Boot Camp Kim		Boot Camp Kim	



Fitness Center

Time	Saturday
11:00am-11:45am	Zumba Stefani

Class Locations:

Group Exercise Room
Basketball Court
Outdoor/Upstairs
Spin Room



Fitness Center Closed January 1st
 Boot Camp starts on Monday, January 5th

Class Descriptions

Absolute Abs- This 30 minute class is directly focused on the abdominal area and to strengthen the core.

Abs N Arms & Abs N Buns- All our energy will be focused on these 2 specific areas as we challenge our muscles to build strength and endurance.

Anything Goes- This class combines Cardio, Body Sculpting, Dance, and Relaxation. If you want a little bit of everything then this class is for you.

Boot Camp—Fun and exciting class that is guaranteed to challenge you no matter your fitness level. This 12 week camp offers a beginner and an experienced option for participants to choose based on their level of fitness. **Paid Class**

Cardio Blast/Pump- Cardio Blast is a cardiovascular class that is full of variety and keeps your heart rate up. We focus strictly on weight loss. Cardio Pump involves strength training. Friday's Classes use a variety of Cardio Equipment.

Circuit Training-A variety of resistance/strength training intervals mixed with cardio intervals to keep your heart rate up and increase calorie burn during weight training. Full Body Circuit Class available.

Cycle/Run/Sweat-A combo of biking, running, and core designed to get your heart rate up and burn fat. It's sure to make you sweat!

Hip Hop Groove—Similar moves to those in Zumba Fitness using upbeat Hip Hop music.

Line Dancing—A mixture of rhythms to include R&B, Hip Hop, Country, and current pop music. Dances are taught without music first to ensure accuracy.

PiYo Strength- This class is designed with a unique format that combines, Pilates, Yoga, Strength Conditioning, Flexibility, Plyometric, and dynamic balance exercise. PiYo Strength is an up tempo approach to mind and body exercises. It offers beginning modifications and advanced options to suit all participants. Come and be a yoga rebel by joining this brand new intense workout class!!

Spin- Cardiovascular class held on a stationary bike, each person controls his/her own intensity by adjustments made to the bike.

Tabata- Tabata training is a high intensity interval training (H.I.T.T) workout for all fitness levels.

Total Body- This class is a strength training class focusing on total body. A workout designed to produce results, hitting every muscle in the body.

TURBO KICK® – This workout includes a warm-up, bouts of intense interval kickboxing specific strength/endurance training (easy to follow combinations) and a cool down.

Trim N Slim—Fat burning and core exercises designed to flatten the midsection.

Yoga Stretch- Increase your strength, flexibility, and balance through a series of yoga poses designed to improve postural alignment and promote stress reduction and rejuvenation.

Zumba- Dance aerobic class using Latin rhythms and easy-to-follow moves for a great cardio workout that is a whole lot of fun!

Fitness Center Hours:

Monday-Thursday: 5:30am-8pm

Friday: 5:30am-6:30pm

Saturday: 8am-12pm

Sunday: Closed

For more information:

Please call 501-364-1088