

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<div>31</div> 5:30a- BodyPump/Lauren 9:00a-Zumba/Kristen NO Evening classes Closing at 6pm	<div>1</div> 9:30a- BodyPump/Ivy 9:30a-Cycle/Helen 10:30a-Step Express/Ivy 11:00a-Body Flow/Debbie 4:30p-BodyPump/Maria 5:30p-BodyPump/Kim 6:30p-Zumba/Nicci No 7:30 class closing at 8pm	<div>2</div> 5:30a-BodyPump/Lauren 9:00a-Zumba/Kristen 4:30p-Body Jam/Bootsy 5:30p-Body Step/Audra 5:30p-Cycle/Helen 6:30p-Sparticus/Gina 7:30p-Bodyjam/Bootsy	<div>3</div> 9:30a-BodyPump/Ivy 9:30a-Cycle/Helen 10:30a-Step Express/Ivy 4:30p-BodyPump/Ivy 5:30p-BodyPump/Maria 6:30p-Zumba/JJ 6:00p-Cycle/Helen	<div>4</div> 5:30a-BodyPump/Ivy 9:30a-Zumba/Body Jam/Bootsy 5:30p-Zumba/Gwen	<div>5</div> 9:30a-ExtremeCycle/Helen 9:30a-BodyPump/Ivy 10:30a-Zumba /Maria
<div>6</div> 3:00-Zumba/Gina	<div>7</div> 5:30a- BodyPump/Lauren 9:00a-Zumba/Kristen 4:30p-Body Step/Ivy 5:30p-ExtremeCycle/Helen 5:30p-BodyPump/Beth 6:30p-Sparticus/Gina	<div>8</div> 9:30a- BodyPump/Ivy 9:30a-Cycle/Helen 10:30a-Step Express/Ivy 11:00a-Body Flow/Debbie 4:30p-BodyPump/Maria 5:30p-BodyPump/Kim 6:30p-Zumba/Nicci 7:30p-Yoga/Audra	<div>9</div> 5:30a-BodyPump/Lauren 9:00a-Zumba/Kristen 4:30p-Body Jam/Bootsy 5:30p-Body Step/Audra 5:30p-Cycle/Helen 6:30p-Sparticus/Gina 7:30p-Bodyjam/Bootsy	<div>10</div> 9:30a-BodyPump/Ivy 9:30a-Cycle/Helen 10:30a-Step Express/Ivy 4:30p-BodyPump/Ivy 5:30p-BodyPump/Maria 6:30p-Zumba/JJ 6:00p-Cycle/Helen	<div>11</div> 5:30a-BodyPump/Ivy 9:30a-Zumba/Body Jam/Bootsy 5:30p-Zumba/Gwen	<div>12</div> 9:30a-ExtremeCycle/Helen 9:30a-BodyPump/Ivy 10:30a-Zumba /Maria
<div>13</div> 3:00-Zumba/Gina	<div>14</div> 5:30a- BodyPump/Lauren 9:00a-Zumba/Kristen 4:30p-Body Step/Ivy 5:30p-ExtremeCycle/Helen 5:30p-BodyPump/Beth 6:30p-Sparticus/Gina	<div>15</div> 9:30a- BodyPump/Ivy 9:30a-Cycle/Helen 10:30a-Step Express/Ivy 11:00a-Body Flow/Debbie 4:30p-BodyPump/Maria 5:30p-BodyPump/Kim 6:30p-Zumba/Nicci 7:30p-Yoga/Audra	<div>16</div> 5:30a-BodyPump/Lauren 9:00a-Zumba/Kristen 4:30p-Body Jam/Bootsy 5:30p-Body Step/Audra 5:30p-Cycle/Helen 6:30p-Sparticus/Gina 7:30p-Bodyjam/Bootsy	<div>17</div> 9:30a-BodyPump/Ivy 9:30a-Cycle/Helen 10:30a-Step Express/Ivy 4:30p-BodyPump/Ivy 5:30p-BodyPump/Maria 6:30p-Zumba/JJ 6:00p-Cycle/Helen	<div>18</div> 5:30a-BodyPump/Ivy 9:30a-Zumba/Body Jam/Bootsy 5:30p-Zumba/Gwen	<div>19</div> 9:30a-ExtremeCycle/Helen 9:30a-BodyPump/Ivy 10:30a-Zumba /Maria
<div>20</div> 3:00-Zumba/Gina	<div>21</div> 5:30a- BodyPump/Lauren 9:00a-Zumba/Kristen 4:30p-Body Step/Ivy 5:30p-ExtremeCycle/Helen 5:30p-BodyPump/Beth 6:30p-Sparticus/Gina	<div>22</div> 9:30a- BodyPump/Ivy 9:30a-Cycle/Helen 10:30a-Step Express/Ivy 11:00a-Body Flow/Debbie 4:30p-BodyPump/Maria 5:30p-BodyPump/Kim 6:30p-Zumba/Nicci 7:30p-Yoga/Audra	<div>23</div> 5:30a-BodyPump/Lauren 9:00a-Zumba/Kristen 4:30p-Body Jam/Bootsy 5:30p-Body Step/Audra 5:30p-Cycle/Helen 6:30p-Sparticus/Gina 7:30p-Bodyjam/Bootsy	<div>24</div> 9:30a-BodyPump/Ivy 9:30a-Cycle/Helen 10:30a-Step Express/Ivy 4:30p-BodyPump/Ivy 5:30p-BodyPump/Maria 6:30p-Zumba/JJ 6:00p-Cycle/Helen	<div>25</div> 5:30a-BodyPump/Ivy 9:30a-Zumba/Body Jam/Bootsy 5:30p-Zumba/Gwen	<div>26</div> 9:30a-ExtremeCycle/Helen 9:30a-BodyPump/Ivy 10:30a-Zumba /Maria
<div>27</div> 3:00-Zumba/Gina	<div>28</div> 5:30a- BodyPump/Lauren 9:00a-Zumba/Kristen 4:30p-Body Step/Ivy 5:30p-ExtremeCycle/Helen 5:30p-BodyPump/Beth 6:30p-Sparticus/Gina	<div>29</div> 9:30a- BodyPump/Ivy 9:30a-Cycle/Helen 10:30a-Step Express/Ivy 11:00a-Body Flow/Debbie 4:30p-BodyPump/Maria 5:30p-BodyPump/Kim 6:30p-Zumba/Nicci 7:30p-Yoga/Audra	<div>30</div> 5:30a-BodyPump/Lauren 9:00a-Zumba/Kristen 4:30p-Body Jam/Bootsy 5:30p-Body Step/Audra 5:30p-Cycle/Helen 6:30p-Sparticus/Gina 7:30p-Bodyjam/Bootsy	<div>31</div> 9:30a-BodyPump/Ivy 9:30a-Cycle/Helen 10:30a-Step Express/Ivy 4:30p-BodyPump/Ivy 5:30p-BodyPump/Maria 6:30p-Zumba/JJ 6:00p-Cycle/Helen	<div>1</div> 5:30a-BodyPump/Ivy 9:30a-Zumba/Body Jam/Bootsy 5:30p-Zumba/Gwen	<div>2</div> 9:30a-ExtremeCycle/Helen 9:30a-BodyPump/Ivy 10:30a-Zumba /Maria

CLASS DESCRIPTIONS

BODY JAM: ONE HOUR CARDIO WORKOUT WHERE YOU ARE FREE TO ENJOY DANCE. AN ADDICTIVE FUSION OF THE LATEST DANCE MOVES AND HOTTEST NEW SOUNDS

BODY PUMP: IS THE ORIGINAL BARBELL CLASS THAT STRENGTHENS YOUR ENTIRE BODY. IT'S A 60 MINUTE WORKOUT THAT CHALLENGES ALL OF YOUR MAJOR MUSCLE GROUPS.

BODY STEP: AN ENERGIZING STEP WORKOUT THAT MAKES YOU FEEL LIBERATED AND ALIVE BY USING A HEIGHT ADJUSTMENT STEP. GREAT CARDIO WORKOUT THAT SHAPES AND TONES YOUR ENTIRE BODY.

BODY ATTACK: SPORTS INSPIRED CARDIO WORKOUT DESIGNED FOR BUILDING AND STRENGTHENING STAMINA. A HIGH ENERGY INTERVAL TRAINING CLASS THAT COMBINES ATHLETIC AEROBIC MOVEMENTS, STRENGTH, AND STABILIZATION EXERCISES.

CYCLE: INDOOR CYCLE WORKOUT WHERE YOU RIDE TO THE RHYTHM OF POWERFUL MUSIC.

SPARTICUS: THIS CLASS INCORPORATES 10 EXERCISES FOR 60 SECONDS EACH, WHICH WORKS EVERY PART OF YOUR BODY. THE 10 EXERCISES ARE THEN REPEATED 2 MORE TIMES TO CHALLENGE YOUR HEART & LUNGS AS WELL AS YOUR MUSCLES.

ZUMBA: A LATIN DANCE CLASS THAT COMBINES INTERVALS OF RESISTANCE TRAINING FOR A FULL BODY WORKOUT.

YOGA: IS A FORM OF EXERCISE THAT USES SLOW MOVEMENTS AND STRETCHING. GREAT FOR RELIEVING STRESS AND RELAXING.

JUMP ROPE MOVEMENT: JUMP ROPE TECHNIQUES TO HOUSE MUSIC INCLUDING THE DOUBLE DUTCH.



GROUP FITNESS SCHEDULE

January



HOURS OF OPERATION

MONDAY-THURSDAY 5AM-10PM

FRIDAY 5AM-8PM

SATURDAY 8AM-6PM

SUNDAY 1PM-6PM

NOW 24 HOUR ACCESS

KIDS FUN CENTER HOURS

MONDAY-FRIDAY 8AM-12PM &

M,Th,F 4-8PM Tu,Wed 4-8:30PM

SATURDAY 8AM-12PM

6015 Fort Ave. Suite 24,
Lynchburg, Va 24502
434-239-0015