

| Sun                   | Mon   | Tue  | Wed  | Thu   | Fri  | Sat   |
|-----------------------|---|--|--|---|--|---|
|                       |   |  |  |   | 1<br>9:30a-Zumba/Nicci<br><br>4:30p-Yoga/Maria<br>5:30p-Zumba/Kristen  | 2<br>9:30a-ExtremeCycle/Helen<br>9:30a-BodyPump<br>10:30a -- Zumba/Maria<br>12:00p-StreetBeatz/Body Jam Bootsy  |
| 3<br>3:00-Zumba/Gina  | 4<br>5:30a- Body Pump/Lauren<br>9:00a – Zumba/Kristen<br>5:15p-Fabulous Abs/Helen<br>5:30pExtremeCycle/Helen<br>5:30p-BodyPump/Beth/Lorie       | 5<br>9:30a-BodyPump/Lorie<br>9:30a-Cycle/Helen<br>10:30a-Yoga/Debbie<br>5:30p-BodyPump/Kim<br>6:30p-Zumba/Nicci<br>7:30p-Yoga/Audra  | 6<br>9:00a-Zumba/Kristen<br>4:30p-Body Jam/Bootsy<br>5:30p- Body Step/Lorie<br>5:30p-Cycle/Helen<br>6:30p-Sparticus/Gina<br>7:30p-Bodyjam/Bootsy                             | 7<br>9:30a-BodyPump/Lorie<br>10:30a-Yoga/Debbie<br>5:30p-BodyPump<br>6:30p-Zumba/Maria<br>6:30p-Cycle/Gina  | 8<br>9:30a-Zumba/Nicci<br><br>4:30p-Yoga/Maria<br>5:30p-Zumba/Kristen  | 9<br>9:30a-ExtremeCycle/Helen<br>9:30a-BodyPump<br>10:30a -- Zumba/Maria<br>12:00p-StreetBeatz/Body Jam Bootsy  |
| 10<br>3:00-Zumba/Gina | 11<br>5:30a- Body Pump/Lauren<br>9:00a – Zumba/Kristen<br>5:15p-Fabulous Abs/Helen<br>5:30p-ExtremeCycle/Helen<br>5:30p-BodyPump/Beth/Lorie     | 12<br>9:30a-BodyPump/Lorie<br>9:30a-Cycle/Helen<br>10:30a-Yoga/Debbie<br>5:30p-BodyPump/Kim<br>6:30p-Zumba/Nicci<br>7:30p-Yoga/Audra | 13<br>5:30a- Body Pump/Lauren<br>9:00a-Zumba/Kristen<br>4:30p-Body Jam/Bootsy<br>5:30p- Body Step/Lorie<br>5:30p-Cycle/Helen<br>6:30p-Sparticus/Gina<br>7:30p-Bodyjam/Bootsy | 14<br>9:30a-BodyPump/Lorie<br>10:30a-Yoga/Debbie<br>5:30p-BodyPump<br>6:30p-Zumba/Maria<br>6:30p-Cycle/Gina | 15<br>9:30a-Zumba/Nicci<br><br>4:30p-Yoga/Maria<br>5:30p-Zumba/Kristen | 16<br>9:30a-ExtremeCycle/Helen<br>9:30a-BodyPump<br>10:30a -- Zumba/Maria<br>12:00p-StreetBeatz/Body Jam Bootsy |
| 17<br>3:00-Zumba/Gina | 18<br>5:30a- Body Pump/Lauren<br>9:00a – Zumba/Kristen<br>5:15p-Fabulous Abs/Helen<br>5:30p-ExtremeCycle/Helen<br><br>5:30p-BodyPump/Beth/Lorie | 19<br>9:30a-BodyPump/Lorie<br>9:30a-Cycle/Helen<br>10:30a-Yoga/Debbie<br>5:30p-BodyPump/Kim<br>6:30p-Zumba/Nicci<br>7:30p-Yoga/Audra | 20<br>5:30a- Body Pump/Lauren<br>9:00a-Zumba/Kristen<br>4:30p-Body Jam/Bootsy<br>5:30p- Body Step/Lorie<br>5:30p-Cycle/Helen<br>6:30p-Sparticus/Gina<br>7:30p-Bodyjam/Bootsy | 21<br>9:30a-BodyPump/Lorie<br>10:30a-Yoga/Debbie<br>5:30p-BodyPump<br>6:30p-Zumba/Maria<br>6:30p-Cycle/Gina | 22<br>9:30a-Zumba/Nicci<br><br>4:30p-Yoga/Maria<br>5:30p-Zumba/Kristen | 23<br>9:30a-ExtremeCycle/Helen<br>9:30a-BodyPump<br>10:30a -- Zumba/Maria<br>12:00p-StreetBeatz/Body Jam Bootsy |

## 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

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| <p>26</p> <p>- Pump/Lorie<br/>-Cycle/Helen<br/>a-Yoga/Debbie<br/>- Pump/Kim<br/>-Zumba/Nicci<br/>-Yoga/Audra</p> | <p>27</p> <p>5:30a- Body Pump/Lauren<br/>9:00a-Zumba/Kristen<br/>4:30p-Body Jam/Bootsy<br/>5:30p- Body Step/Lorie<br/>5:30p-Cycle/Helen<br/>6:30p-Sparticus/Gina<br/>7:30p-Bodyjam/Bootsy</p> | <p>28</p> <p>9:30a- BodyPump/Lorie<br/>10:30a-Yoga/Debbie<br/>5:30p-BodyPump<br/>6:30p-Zumba/Maria<br/>6:30p-Cycle/Gina</p> | <p>9:30a-Zumba/</p> <p>4:30-Yoga/Mar<br/>5:30p-Zumba/k</p> |
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## GROUP FITNESS SCHEDULE



**HOURS OF OPERATION**  
**MONDAY-THURSDAY 5AM-10PM**  
**FRIDAY 5AM-8PM**  
**SATURDAY 8AM-6PM**