

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 9:30a-ExtremeCycle/Helen 9:30a-BodyPump/Ivy 10:30a-Zumba /Maria
2 3:00-Zumba/Gina	3 <b>LABOR DAY NO CLASSES/ NO DAYCARE</b>	4 9:30a-BodyPump/Lorie 9:30a-Cycle/Helen 10:30a-Step Express/Ivy 11:00a-Yoga/Debbi 4:30p-BodyPump/Maria 5:30p-BodyPump/Kim 6:30p-Zumba/Nicci 7:30p-Yoga/Audra	5 5:30a-BodyPump/Lauren 9:00a-Zumba/Kristen 4:30p-Body Jam/Bootsy 5:30p-Body Step/Lorie 5:30p-Cycle/Helen 6:30p-Sparticus/Gina 7:30p-Bodyjam/Bootsy	6 9:30a-BodyPump/Lorie 9:30a-Cycle/Helen/Ivy 10:30a-Step Express/Lorie 4:30p-BodyPump/Maria 5:30p-BodyPump/Ivy 6:30p-Zumba/JJ 6:30p-Cycle/Gina	7 5:30a-BodyPump/Ivy 9:30a-Zumba/Body Jam/Bootsy 5:30p-Zumba/Gwen	8 9:30a-ExtremeCycle/Helen 9:30a-BodyPump/Ivy 10:30a-Zumba /Maria
9 3:00-Zumba/Gina	10 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	11 9:30a-BodyPump/Lorie 9:30a-Cycle/Helen 10:30a-Step Express/Ivy 11:00a-Yoga/Debbie 4:30p-BodyPump/Maria 5:30p-BodyPump/Kim 6:30p-Zumba/Nicci 7:30p-Yoga/Audra	12 5:30a-BodyPump/Lauren 9:00a-Zumba/Kristen 4:30p-Body Jam/Bootsy 5:30p-Body Step/Lorie 5:30p-Cycle/Helen 6:30p-Sparticus/Gina 7:30p-Bodyjam/Bootsy	13 9:30a-BodyPump/Lorie 9:30a-Cycle/Helen/Ivy 10:30a-Step Express/Lorie 4:30p-BodyPump/Maria 5:30p-BodyPump/Ivy 6:30p-Zumba/JJ 6:30p-Cycle/Gina	14 5:30a-BodyPump/Ivy 9:30a-Zumba/Body Jam/Bootsy 5:30p-Zumba/Gwen	15 9:30a-ExtremeCycle/Helen 9:30a-BodyPump/Ivy 10:30a-Zumba /Maria
16 3:00-Zumba/Gina	17 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	18 9:30a-BodyPump/Lorie 9:30a-Cycle/Helen 10:30a-Step Express/Ivy 11:00a-Yoga/Debbie 4:30p-BodyPump/Maria 5:30p-	19 5:30a-BodyPump/Lauren 9:00a-Zumba/Kristen 4:30p-Body Jam/Bootsy 5:30p-Body Step/Lorie 5:30p-Cycle/Helen 6:30p-Sparticus/Gina	20 9:30a-BodyPump/Lorie 9:30a-Cycle/Helen/Ivy 10:30a-Step Express/Lorie 4:30p-BodyPump/Maria 5:30p-	21 5:30a-BodyPump/Ivy 9:30a-Zumba/Body Jam/Bootsy 5:30p-Zumba/Gwen	22 9:30a-ExtremeCycle/Helen 9:30a-BodyPump/Ivy 10:30a-Zumba /Maria

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## 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

	Pump/Kim -Zumba/Nicci -Yoga/Audra	7:30p- Bodyjam/Bootsy	BodyPump/Ivy 6:30p-Zumba/JJ 6:30p-Cycle/Gina		
25	- Pump/Lorie -Cycle/Helen a-Step ess/Ivy a-Yoga/Debbie - Pump/Maria - Pump/Kim -Zumba/Nicci -Yoga/Audra	26 5:30a- BodyPump/Lauren 9:00a-Zumba/Kristen 4:30p-Body Jam/Bootsy 5:30p-Body Step/Lorie 5:30p-Cycle/Helen 6:30p-Sparticus/Gina 7:30p- Bodyjam/Bootsy	27 9:30a- BodyPump/Lorie 9:30a- Cycle/Helen/Ivy 10:30a-Step Express/Lorie 4:30p- BodyPump/Maria 5:30p- BodyPump/Ivy 6:30p-Zumba/JJ 6:30p-Cycle/Gina	28	29 9:30a- ExtremeCycle/Helen 9:30a-BodyPump/Ivy 10:30a- Zumba /Maria



## GROUP FITNESS SCHEDULE

