

# HOLIDAY FITNESS SCHEDULE

Dec 22- 28

TIME	12/22/2014 MONDAY	12/23/2014 TUESDAY	12/24/2014 WEDNESDAY	12/25/2014 THURSDAY	12/26/2014 FRIDAY	12/27/2014 SATURDAY	12/28/2014 SUNDAY
5:45-6:40am	Step - Beth Spinning(55) - Ann Y	Total Toning - Ann D	20/20/20 - Beth Spinning(55) - Lauren			8:15-9:10am Barbell - Ann Y	8:30-9:30am Spinning(60) - Bill
7:30-8:25am	Power Sculpt - Suzanne	Core & Stretch - Suzanne	Power Sculpt - Suzanne		Power Sculpt - Suzanne	8:30-9:30am Spinning(60) - Lori	
8:30-9:25am	Strength/Cardio Mix Suzanne	Barbell - Sally	Power Sculpt - Suzanne		Step & Sculpt - Suzanne	9:15-10:15am Zumba - Belinda	
9:30-10:25am	Kick & Sculpt - Kelly Power Sculpt - Suzanne	Total Body WO - Shelley Spinning(55) - Bill	Zumba - Hilary		Power Sculpt - Suzanne Tabata & HIIT - Kelly	10:30-11:30am Total Body WO - Renee	
12:00-12:55pm	Total Toning - Nicole Spinning(45) - Julie	Zumba - Jill	Barbell - Sally Spinning(45) - Kelly R		Barbell - Ann Y		
							4:30 -5:30pm Barbell - Becky
5:30-6:25pm	Power Sculpt - Suzanne	20/20/20 - Kara			Dance Fusion - Sonia		6:00-7:00pm Dance Fusion - Sonia
6:30-7:25pm	Zumba - Vicki	7:00-7:45pm Spinning - Lori					
7:35-8:30pm	Barbell - Kara 7:40 - 8:30pm Spinning - Lori	Total Body WO - Renee					

## Group Exercise Class Descriptions:

Group Fitness Classes: All Classes require either a Group Fitness pass, trial pass or separate class registration.

Core & Stretch	A great combination of core exercises for your abs and Yoga stretches and poses. TU 7:30a
Barbell	A strength building class designed to work each major muscle group using barbells and plates set to motivating music.
	M 7:30p, TU 8:30a, W 12p, FR 12p SA 8:15a SU 4:30p
Dance Fusion	A dance fitness class blending a variety of dance styles from hip hop to Latin to Bollywood! FR 5:30p, Su 6p
Power Sculpt	Tone-up and build muscle through this no-impact strength program using a variety of equipment.
	M 7:30a, 9:30a, 5:30p WE 7:30a, 8:30a FR 7:30a, 9:30a
Step	A classic, high intensity cardio class using a Step platform and great choreography. M 5:45a
Step and Sculpt	Old school step choreography for cardio followed by sculpting exercises. FR 8:30a
Strength/Cardio Mix	Start with cardio using a step, jumprope or other equipment followed by strengthening exercises using weights. M 8:30a
Tabata & HIIT	An intense cardio challenge using timed intervals for a high intensity workout! FR 9:30a
Total Body Workout	Challenge yourself with this athletic based cardio & strength class. TU 9:30a & 7:35p, SA 10:30a
Kick & Sculpt	A cardio challenge of kickboxing & dance moves set to high energy music followed up with sculpting/ab exercises. M9:30a
Total Toning	Sculpt your body from head to toe using a variety of body weight and strengthening exercises. M 12p, TU 5:45a
20/20/20	Mix it up with 20 min. of Step/Bosu, 20 min.of Kickboxing and 20 min.of sculpting/abs. TU 5:30p, WE 5:45a
Zumba	This fusion of Latin and international dance rhythms will have you moving and smiling as you get in shape!
	M 6:30p, TU 12p, WE 9:30a, SA 9:15a

## Spinning (Indoor Cycling) Classes:

Use your Group Fitness Pass or trial pass. ***If you are new to Spinning please arrive 5-10 minutes before class start time to learn proper bike set-up.***

Spinning (45, 55, 60)	A 45 - 60 minute calorie-burning indoor cycling workout completed with cooldown and stretching.
	M 5:45a, 12p, 7:40p TU 9:30a, 7:00p WE 5:45a, 12p, SA 8:30a SU 8:30a