



Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boot Camp \$12.00 5:30am		Boot Camp \$12.00 5:30am		Boot Camp \$12.00 5:30am	Spinning 8:45am
	Yoga 6:00am	Ab-Attack 6:30am	Spinning 6:00am		Ab-Attack 10:00am
Pilates mat 7:30am		Pilates Mat 8:00am	Zumba 12:30PM	Express Tone 6:30am	
			Spinning 5:45pm	Pilates Mat 7:30am	
Spinning 5:45		Stretch & Tone 6:00pm	Zumba 6:00pm		
TRX 7:00pm			TRX 7:00pm		

Boot Camp – Interval cardio movements and resistance exercises that work the entire body that will push your physical limits.

Zumba – High cardio dance class featuring Brazilian and Latin dance grooves and moves.

Spinning – Journey with us through a 55 minute cycling class that will challenge the novice through advanced.

Express Tone – Interval training class using resistance bands and weight plates.

Ab – Attack Invigorating work out that focuses on activating your abdominal muscles with a variety of exercises that also include stability balls and resistance bands to get your core stronger.

Stretch & Tone – Body shaping, toning and muscle, stretching without pain. Same technique used by Russian Ballet dancers.

Pilates Mat – A spiritual and ascetic discipline which includes breath control, simple meditation & adoption of specific bodily postures which develops health and relaxation.

Yoga – Cultivate an energizing breath as your body moves through a series of yoga poses to naturally align the body.

TRX – Exercise programming for all levels of fitness that leverages one's own bodyweight and gravity to achieve strength, balance, flexibility and core stability.