

Group Fitness Schedule

	MON	TUE	WED	THURS	FRI
MORNING	6:15am – 7:15am BootCamp Larissa		6:15am – 7:15am TheWorks Brittany		
AFTERNOON	12pm – 1pm TotalBodyBurn Robyn	12pm – 1pm Yoga Cherri	12pm – 1pm KickSport Angela	12pm – 1pm Spin&Sculpt Robyn	11am – 12pm Yoga Abby
	1pm – 2pm ZUMBA® Anita	1pm – 2pm TheWorks Angela	1pm – 2pm Yoga Wendy	1pm – 2pm Barressence Suzi	12pm – 1pm H.I.I.T.BootCamp Angela
EVENING	5:30pm – 6:15pm Spin Robyn <i>*New Class*</i>	5:30pm – 6:15pm BootCamp Robyn			

CLASS DESCRIPTIONS

- Barressence:** Perform small isometric movements which will lift your seat, tone your thighs, abs and arms. The workout series includes toning and stretching exercises.
- BootCamp:** Athletic skills and drills combining cardio, muscle conditioning and plyometric moves. May include use of weights, kettlebells and other small fitness equipment.
- H.I.I.T.BootCamp:** Combines High Intensity Interval Training (HIIT) with boot camp style exercise drills. Take your workout to the next level.
- KickSport:** Combines kickboxing moves, interval training and circuit style workouts designed to tone and sculpt your body while burning calories.
- Spin:** A group cycling class combining jumps, intervals, hills and sprints to promote total body and aerobic fitness. Spin is set to music and performed on a specialized bike.
- Spin&Sculpt:** This high energy class incorporates spinning to build total body and aerobic fitness and weights to build muscle tone and endurance.
- TotalBodyBurn:** This class will always be a surprise, utilizing different equipment and movements to deliver a tough, comprehensive strength and cardio session!
- TheWorks:** All fitness levels are invited to join The Works. This class includes everything: cardio, weights, core training and a relaxing stretch. Come and join the fun!
- Yoga:** A class featuring the ancient practice of Yoga; a series of asanas (postures) to increase flexibility, energy and stillness of mind.
- ZUMBA®:** Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.