

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			7:30am – 8:00am POWER TRX Joao	7:30am IMPACT BOXING Craig		
		8:00am – 8:30am TRX Joao	8:15am Body Sculpt Ann		8:15am Body Sculpt Ann	8:15am Cycle/TReX Rene
9:30am Gyrokinesis Nathalie	9:30am Core Cycling Robin	9:30am Gyrokinesis Nathalie	9:30am Core Cycling Robin	9:30am Pilates Mat Nathalie	9:30am Core Cycling Robin	9:30am IMPACT BOXING Craig
10:30am Total Tone Robin	10:30am Pilates Mat Nathalie	10:30am Total Tone Robin	10:30am Pilates Mat Elizabeth	10:30am Total Tone Robin	10:30am Power Pump Robin	
	5:30 – 6:00 H.I.I.T Laura	5:30pm IMPACT BOXING Craig	5:30 – 6:00 H.I.I.T Laura			

BODY SCULPT: Full-body strength training utilizing light dumbbells and bodyweight exercises to strengthen and tone all major muscle groups, abdominal area, hips and glutes.

CORE CYCLING: Train your body’s aerobic/anaerobic systems to be more efficient! Develop muscular & cardiovascular strength! Increase strength/power with climbing & speed work.

GYROKINESIS: Suitable for everyone. A full body stretching class with emphasis on spinal health/flexibility and core strengthening with exercises that flow continuously. Using key principals of yoga, swimming and tai chi the spine is worked in all directions utilizing the Gyrokinesis stool and mat.

POWER PUMP: This challenging high rep total body workout uses steps, body bars and various hand weights. You will experience strength gains and nicely defined muscles.

TOTAL TONE: This full-body conditioning class utilizes dumbbells, body bars and body weight exercises.

PILATES MAT: The classic Pilates method is taught in this mat class with an emphasis on “core strength”. Achieve long, lean muscles and overall flexibility while working proper form and alignment. The magic circle, thera-band, roller and light weights are incorporated to further strengthen and work balance. **ALL LEVELS WELCOME**

CYCLE/TReX: Work your (e)ntire body by joining two great workouts: Cardio conditioning with the CycleOps bikes and upper/lower body strength, core and stretching with the TRX suspension training program. Do one part or both parts to develop cardio conditioning, strength, balance, flexibility and joint stability for a total body workout.

H.I.I.T.: (High Intensity Interval Training) Burn as many calories in 30 minutes as an hour of steady state cardio. This class consists of 16 intervals with a thorough warm-up, intervals of 30 seconds of work followed by 30 seconds rest and finally a relaxing cool-down.

TRX to the CORE: Make your body your machine, utilize the TRX Suspension Training System to increase flexibility, balance and strength. 8 People max. **ALL LEVELS**

POWER TRX: Utilize the TRX Suspension Training System to incorporate intense plyometric exercises that will give you a great full body workout and strengthen your core. 8 People

IMPACT BOXING: Get a full body workout during this fast paced boxing conditioning class taught by Craig. Learn basic boxing moves while you take turns with a partner using gloves and focus pads. Boost your metabolism, get toned and burn fat!! Recommended you bring some water. 8 People Max.

CLASS DURATION: CLASSES printed in BLACK ARE 45 MINUTES. CLASSES printed in BLUE ARE 30 MINUTES