

GROUP EXERCISE SCHEDULE

Studio #2



January through April 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM	5:00 - 5:45 Boot Camp	5:00 - 5:45 A little bit of Everything Boot Camp	5:00 - 5:45 Boot Camp		5:00 - 5:45 Boot Camp	
5:15 AM						
5:30 AM						
5:45 AM						
6:00 AM						
6:15 AM	8:15 - 9:00 Silver Sneakers	8:15 - 9:00 Silver Sneakers	8:15 - 9:00 Silver Sneakers	8:15 - 9:00 Silver Sneakers	8:30 - 9:15 Pilates Barre Blend	8:30 - 9:30 Step/Hit It/BC 1st & 3rd Step 2nd Boot Camp 4th Hit It
6:30 AM						
6:45 AM - 8:00 AM						
8:15 AM						
8:30 AM						
8:45 AM						
9:00 AM	Abworks 9:15 - 9:30		Abworks 9:15 - 9:30		Abworks 9:15 - 9:30	
9:15 AM						
9:30 AM						
9:45 AM						
10:00 AM						
10:15 AM	9:30 - 10:15 Step & Tone	9:30 - 10:30 Anything Goes	9:30- 10:30 Tabata HIIT **Please read back of sch. for class description**	9:30 - 10:30 HIT IT! Boxing Class	9:30 - 10:30 Body Sculpt/Interval <i>card from front desk</i>	9:30 - 10:15 Family Zumba 9 years and up
10:30 AM						
10:45 AM						
11:00 AM						
11:15 AM						
11:30 AM	10:15 - 10:45 Working with Weights	10:45- 11:30 Body Sculpt <i>card from front desk</i>		10:45- 11:30 Body Sculpt <i>card from front desk</i>	10:30 - 11:15 Rhythm through the ages	Abworks 10:30 - 11:15 Body Sculpt <i>card from front desk</i>
12:00 PM						
12:15 PM						
12:30 PM						
12:45 PM						
12:15 - 12:45	4:30- 5:15 Body Sculpt <i>card from front desk</i>	4:30 - 5:15 Pilates Barre Blend	5:30 - 6:15 Y Kids Lift Class meets in Gym		12:15 - 12:45 Tabata HIIT **Please read back of sch. for class description**	
4:30 PM						
4:45 PM						
5:00 PM						
5:15 PM						
5:30 PM	5:30 - 6:15 HIT IT! Boxing Class	5:30 - 6:15 Zumba	5:15 - 6:00 Body Sculpt <i>card from front desk</i>	Abworks	5:30 - 6:00 Power Step	
5:45 PM						
6:00 PM						
6:15 PM						
6:30 PM						
6:15 - 6:45	6:15 - 6:45 Kettlebell	6:15 - 7:00 Family Pound	6:00 - 6:15 Abworks		6:00 - 7:00 Tabata HIIT	
6:45 PM						
7:00 PM						
7:15 PM						
7:30 PM						
6:45 PM	6:45 - 7:45 Y Kids Lift	6:15 - 7:00 9 years and up	6:15 - 7:00 HIT IT! Boxing Class	** Please read back of sch. For class description**		
7:00 PM						
7:15 PM						
7:30 PM						
7:30 PM						

DESCRIPTION OF GROUP EXERCISE CLASSES GROUP EXERCISE STUDIO #2

Abworks: 15 minutes of non-stop abdominal workout. Working all the core muscles.

A little bit of everything Boot Camp: This 5:00 am BootCamp class gives you something new each week, you get to enjoy some of our most power house classes. Week 1 TRX, Week 2 Hit It Boxing, Week 3 Tabata, and Week 4 Body Sculpt.

Anything Goes: The name says it all. Whatever the instructor chooses for that day is what you will get. It could be Body Sculpt, Tabata, Boxing, Boot Camp etc..... This class will incorporate both cardio and strength training. Enjoy the verity .

Body Sculpt: This barbell class will sculpt tone and strengthen your entire body. This workout is done with the REP EFFECT in mind. A breakthrough in resistance workout training, focusing on low weight loads and high repetition movements. You will burn fat, gain strength and quickly produce lean body muscle conditioning. **Body**

Sculpt/Interval: Using the same technique as we do in our regular Body Sculpt class we have incorporated bursts of 1 minute intervals in between each toning session.

Boot Camp: This class will be a little of everything high energy, motivated, dedicated group exercise instructors will guide you through a fun packed class of challenging cardio and toning moves. This class will challenge you and push you past your physical fitness limit. You'll love it!

Hit It! (Boxing class): Intense Boxing routines using a free standing punching bag. You will learn proper form to punch and kick the bag. You will also have bursts of high intensity plyometric intervals for extra cardio.

Pilates Barre Blend: Combination of two of our best core strength classes all wrapped up into one class. **Pilates:** Using proper body mechanics, movements, trural and pelvic stabilization with coordinated breathing. **Barre Blend:** Is a combination of the movements you would use in Pilates as well as some yoga and ballet for strength training. Both of these formats help you to gain flexibility stabilization and muscular strength while you tone the whole body.

Power step: 30 minutes of power house step routines to upbeat motivational music with non-stop energy to push you through the workout.

Silver Sneakers: Move to music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living skills.

Step and Tone: This one hour class is taught to a 32 count beats per minute rhythmic choreographed routine using a step. The step portion of the class is 30-40 minutes then strength and conditioning tools are brought in for the toning portion of the class.

Tabata HIIT: High Intensity Interval Training (HIIT), You will test your endurance level limits in this **extremely high intensity cardio class**. Each interval is done on a timing basis with short rest periods in between. Get ready to burn calories and sweat it out. You must have been doing some form of cardio in your regular exercise regimen before attending this class for the first time.

Working with weights: A 30 minute intense muscle building, strength and conditioning group class held in the group exercise studio # 2. This class is for both men and women

Zumba: This dance style class features interval training session where fast and slow rhythms are combined to tone and sculpt your body while burning fat all done to fun Latin style music. **Family Zumba:** Bring the whole family ages **9 years and up** or come on your own to this fun packed dance class. You will love the laughter and physical activity you receive from this class as you do it together as a family. What a great way to bond while getting fit. **(Saturdays 9:30 - 10:15)**

Kettlebell: A 30 minute class using a cast iron ball with a single handle. You will concentrate on strength and conditioning using your muscles by stabilizing your core. By using the Kettlebell your displacement of weight increases utilization of stabilizing your muscles. You must sign up at the front desk in advance for this class. No one under the age of 13 years may participate.

Family Pound: Is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses Cardio, Pilates, Strength Movements, Plyometric and Isometric poses. Through continual upper body motion using lightly weighted exercise drumsticks, called Ripstix. All done to energetic upbeat music. Come with your family or come on your own you will be sure to enjoy this high energy class. **9 years and up**

Rhythm through the ages: Similar to our Zumba class this dance class is designed with the senior citizen and beginners in mind, it is modified with less intensity and impact, making it accessible for senior citizens and beginners.

Y Kids Lift Bootcamp: A strength and conditioning class designed for kids 10 yrs. and up. It consists of drills and games that improve speed, agility and strength building through the use of different training equipment and stations that focus on body weight exercises like push ups and squats. We want to provide your kids with the knowledge and experience they deserve so that they can stay active and healthy. The instructor will monitor the progress of each student and provide them with outside physical challenges as well.