

Adult Group Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:45 - 6:30 AM INSANITY				
6:00 - 6:30 AM INSANITY				6:00 - 6:30 AM INSANITY		
	7:45 - 8:30 AM Zumba		7:45 - 8:30 AM Zumba		8:00 - 9:00 AM Spinning	
	7:50 - 8:35 AM Spinning		7:50 - 8:35 AM Spinning			
8:30 - 9:15 AM Zumba Sentao		8:30 - 9:15 AM Zumba Sentao		8:30 - 9:15 AM Zumba	8:30 - 9:15 AM Cardio Pump	
	8:45 - 9:30 AM Pilates		8:45 - 9:30 AM Pilates			
9:30 - 10:15 AM Zumba Lite 9:30 - 10:30 AM Total Body Training	9:30 - 10:30 AM Core Cardio	9:30 - 10:15 AM Zumba Lite 9:30 - 10:30 AM Total Body Training	9:30 - 10:30 AM Core Cardio	9:30 - 10:30 AM Total Body Training		
10:00 – 10:30 AM Bells, Balls & Bars		10:00 – 10:30 AM Bells, Balls & Bars		10:00 – 10:30 AM Bells, Balls & Bars		
4:30 - 5:15 PM Zumba		4:30 - 5:15 PM Zumba				
	5:00 - 6:00 PM Yoga		5:00 - 6:00 PM Yoga			
5:30 - 6:30 PM Kickboxing	5:30 - 6:30 PM Spinning	5:30 - 6:30 PM Kickboxing	5:30 - 6:30 pm Spinning			
	6:15 - 7:00 PM Zumba		6:15 - 7:00 PM Zumba			

Zumba Sentao - combines dance steps with chair based choreography and body weight to strengthen core.

Zumba - tone and strengthen while dancing to exotic, high energy, Latin rhythms.

Zumba Lite - same music and steps as Zumba but at a more relaxed pace.

Pilates - improve flexibility, build strength and develop control and endurance in the entire body

Yoga - Improve flexibility , develop breathing and relaxation techniques.

Kickboxing - emphasizes kickboxing combinations and techniques designed to improve cardiovascular fitness and flexibility.

INSANITY - Cardio class, based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals strength, power, resistance and core training.

Cardio Pump - An intermediate/advanced boot camp style class that is a mix of high and low intensity cardio. The class is designed in interval format, combining low and high impact moves, as well as core exercising.

Total Body Training - A full body workout packed with highly effective exercises to boost metabolism, strengthen and tone muscles.

Core Cardio - A moderate intensity class that combines cardio and abdominal work that will teach you how to use your core more efficiently and functionally throughout daily activities.

Spinning - A high intensity indoor stationary bicycle class led by an instructor taking individuals through different phases of a workout; warm up, steady up-tempo cadences, sprints, climbs and cool-down.