

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 a.m.				Tabata <i>Paula</i>			
7:30 a.m.	Cardio Kickboxing • <i>Amy</i>						
8 a.m.						STRONG <i>Vicki</i>	WPAY \$ ▶ <i>Maureen</i>
8:30 a.m.	Rep & Step <i>Jessica</i>						
9 a.m.			What a Waist <i>Dawn</i>	What a Waist <i>Dawn</i>			
9:15 a.m.	Yoga <i>Rose</i>						
9:30 a.m.		Zumba <i>Giorgio</i>			Body Fusion <i>Paula</i>		
12 p.m.	Zumba <i>Giorgio</i>						
5 p.m.	Weight Up <i>Paula</i>						
5:30 p.m.	STRONG <i>Vicki</i>						
6 p.m.	Yoga <i>Rose</i>	Zumba <i>Vicki</i>		Zumba <i>Betty</i>			
6:45 p.m.	Zumba <i>Vicki</i>						
7:30 p.m.		Yoga <i>Rose</i>		At the Bar(bell) <i>Eric</i>			

UNMARKED CLASSES ARE 50 MINUTES IN LENGTH

- 45-minute class
- ▶ 90-minute class
- \$ Fee-based class

CLASS DESCRIPTIONS

At the Bar(bell): Push to the max through a total-body workout that utilizes methods of kickboxing, cycling, weight training and circuits.

Body Fusion: This total-body workout fuses exercises that will strengthen and tone, with complementary yoga poses that will lengthen and define.

Cardio Kickboxing: Kick, punch and hook your way through this fun, challenging class. Blast away calories and get moving as you perform hard-hitting moves sure to give you a great workout.

Rep & Step: This energizing cardiovascular and strength workout is designed to sculpt and tone your body using weights and equipment.

STRONG: Using only bodyweight, this revolutionary workout is led by music that focuses on sequences of movement. Crush your fitness goals by combining strength, flexibility and stamina exercises.

Tabata: Through a variety of simple yet intense time exercises, you will blast away calories and see results in a short amount of time.

Weight Up: A great way to increase your strength, burn fat and slim your waist as you utilize various weight equipment.

What a Waist: Slim down your waist in this fun class that incorporates kickboxing, tabata interval training and step aerobics. No two classes are the same!

WPAY: (Weights, Pilates & Yoga) This 90-minute class combines weight training, pilates and yoga to sculpt a strong and flexible body. All levels are encouraged to attend!

Yoga: The focus of yoga is balanced integration of body, mind and spirit. Postures and posture flows bring increased strength and flexibility to the body.

Zumba: Join this fiercely fun fitness class that incorporates pop, rock and hip-hop music while strengthening and sculpting abs, hips, glutes and legs. Don't miss this dance party!