



NORTH GYM - EFFECTIVE 07/01/2017

TIME	MON	TUE	WED	THU	FRI	SAT
5:15AM	RISE & SHINE		RISE & SHINE		RISE & SHINE	
9:30AM	STEP & STRENGTH	ZUMBA	FIT CAMP	YOGA	ZUMBA	CYCLE 8:30AM
9:30AM	CYCLE			CYCLE		ZUMBA 1 & 3 Sat. bootcamp 2 & 4 Sat.
10:35AM	SILVERFIT (senior workout)					INSANITY 5th Sat (if 5 Saturday month)
4:30PM						
5PM						
5:30PM	ZUMBA		ZUMBA	ZUMBA		
6:15PM		SCULPT.TOP 40				
6:45PM	YOGA		YOGA			

DOWNTOWN GYM

TIME	MON	TUE	WED	THU	FRI	SAT
9:30 AM	ZUMBA		ZUMBA	CORE COMBAT		CYCLE 7:30AM
4:30PM		ZUMBA		ZUMBA		
5:15PM	SUPERFIT		SUPERFIT		SUPERFIT	
5:30PM		SYNRGY & AB FIT		SYNRGY & AB FIT		
6:20PM		CYCLE				

ZUMBA	A "dance" fitness class with a Latin flair.
FIT C.A.M.P	Cardio, Agility, Muscular Strength, and Power. A variety of athletic moves with strength segments to challenge your entire body.
RISE & SHINE	CARDIO, STRENGTH, CORE = Step, Hi/Low cardio conditioning, circuit weight training, core work, stretch.
YOGA	A mind muscle class to lengthen muscles and improve strength & flexibility
CYCLE	An indoor group cycle class lead by a certificated instructor: all terrain ride for every fitness level!
AB FIT/ HIIT PUMP	AB FIT= Total core strengthening. HIIT PUMP = High intensity total body workout, improve stamina and strength while burning calories.
INSANITY	MAX interval training-Long bursts of intensity with short rest periods (This class is do-able for all fitness levels) Cardio training at its BEST!
STEP STRENGTH	Step Aerobics paired with strength training that is easy to follow and FUN!
SCULPT. TOP 40	Challenging total body sculpt class. Low weight resistance training with high reps. Rock out to the top 40's!
SYNRGY 300 (30 min)	Various cardio & strength drills utilizing the SYNRGY 300 machine and other equipment
CORE COMBAT	Fierce & empowering CORE and cardio stamina building class. Repetitive movement activating the abs,back, and glutes! All while working in all 3 plains of movement.