



NORTH GYM

***effective 01/2018**

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)				HIIT CAMP (5TH SATURDAY)
4:30PM	HIIT CAMP		HIIT CAMP			
5PM		HIIT CORE				
5:30PM	ZUMBA		ZUMBA			
6:15PM		SCULPT.TOP 40		SCULPT.TOP 40		
6:45PM	YOGA		YOGA			

DOWNTOWN GYM

TIME	MON	TUE	WED	THU	FRI	SAT
9:30 AM	ZUMBA		ZUMBA	TOTAL BODY CONDITIONING		CYCLE 7:30AM
4:30PM		ZUMBA		ZUMBA		SUPERFIT 8:30AM w/NaeNae *2/10
5:15PM	SUPERFIT		SUPERFIT		SUPERPUMP	
5:30PM		SYNRGY & AB FIT		SYNRGY & AB FIT		
6:20PM	SPIN 300		SPIN 300	YOGA		

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 CAMP	AB FIT= Total core strengthening. HIIT PUMP = High intensity total body workout, improve stamina and strength while burning calories.
SUPERFIT	A weight based body function class developed to operate your body at 60-80% max HR. Open to all levels of fitness and all ages.
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 360 (30 min)	Various cardio & strength drills utilizing the SYNRGY 360 machine and other equipment
Total Body Cond.	Full body sculpt. Class *Includes strong CORE and flexibility work!