

JANUARY 2018 Fitness Class Schedule 247-2791

Time	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Studio	STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO A	STUDIO B
11:30 AM	Yoga Nicole		Zumba Chantel	Power Cycle Kelly	Yoga Nicole			Zumba Chantel	Yoga Nicole	CLASS CANCELLED
3:00 PM			FIP with FSS				FIP with FSS			
4:00 PM						Cycle Circuit Sully				
5:00 PM	Bootcamp Sully 5:30-6:30		Jiu-Jitsu 5:00 Kids 6:00 Adults Racquetball Court #3 Starts 18 Jan	Step Aerobics Eva		Bootcamp Sully 5:30-6:30	Jiu-Jitsu 5:00 Kids 6:00 Adults Racquetball Court #3 Starts 18 Jan	Step Aerobics Eva		Cycling Sully
6:00 PM				"Pound" Eva				Kickbox Jen		

- Power Cycle** Get ready for next bike season or maintain/improve your level of performance on the bike by developing more power output
 - Yoga** Use body weight to build muscle, increase flexibility and to improve posture and balance
 - Cycle Circuit** A combination of cycling and circuit training
 - Pound** Cardio jam session pounding drumsticks to upbeat music, lots of fun fun fun
 - Bootcamp** Medium intensity; low and hi impact; cardio body-weight and resistance circuit training
 - HIIT** High Intensity Interval Training: a challenging cardio endurance hour of cycling, running/sprinting and resistance circuit, and you choice of either rowing intervals + circuit or swim/tread intervals
 - Kickboxing** Cardio kick boxing
 - Zumba** A fitness dance party set to international rhythms
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| Free |
| \$65/Month Class |
| Free |