

# Class Schedule

# September

Monday to Thursday / 5 am – 8 pm  
Friday / 5 am – 7 pm  
Saturday and Sunday / 7 am – 3 pm

*Class descriptions on back.*

## MONDAY

6 – 6:30 am  
**HIIT**  
*Nikki / Studio*

5:30 – 6:30 pm  
**CIZE Cardio**  
*Lauren / Studio*

## TUESDAY

Noon – 12:30 pm  
**Step and Sculpt**  
*Charmayne / Studio*

5 – 5:30 pm  
**Total Body Strength**  
*Spencer & Meagan / Studio*

5:40 – 6:25 pm  
**September 8 and 22**  
**Yoga**  
*Erica / Studio*

## WEDNESDAY

6 – 6:30 am  
**HIIT**  
*Melissa / Studio*

Noon – 12:30 pm  
**Beginner's Strength**  
*Adam / Studio*

5:30 – 6:15 pm  
**Turbo Kick**  
*Lauren / Studio*

## THURSDAY

**Yoga**  
*Erica / Studio*  
5:30 – 6:15 pm  
**September 3 and 17**

## FRIDAY

★ **Class sizes are limited.**  
**You MUST call to reserve your spot in a class (238-3488).**  
Reservations open Sundays for the following week.

**CANCELLED**  
**CIZE - September 30**

**L** = Low Intensity **M** = Moderate Intensity **H** = High Intensity

**Beginner's Strength (L/M):**

A class aimed at beginners! It will include a series of low-moderate intensity strength training exercises to help you increase strength gradually. This will be a great addition to your cardio workouts!

**CIZE Cardio (M):**

A version of CIZE Live giving you a new way to CIZE IT UP! More cardio, less intricacy, and an easy-to-learn format.

**HIIT (L/M/H):**

"High intensity interval training." This class is designed to be a total body, aerobic, and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to burn fat and improve your endurance. Modifications for all fitness levels are provided. Foam rolling and stretching techniques will be incorporated.

**Step and Sculpt (M/H):**

A mixture of step aerobics and strength training exercises to give you a perfectly balanced workout. You will shape your body with a lot of varied, but never complex steps.

**Total Body Strength L/M/H**

A resistance class that focuses on the principles of strength training to help you increase strength and sculpt the body. This class will push you to do less reps with more weight to maximize your strength potential. You will use a variety of equipment, bodyweight, barbells, and dumbbells.

**Turbo Kick (L,M,H):**

The ultimate cardio-kickboxing experience, Turbo Kick LIVE is perfect for the beginner and elite fitness enthusiast alike! This fat-burning workout combines cardio kickboxing with body-sculpting HIIT moves choreographed to the hottest music mixes. Get lean, get toned, and feel unstoppable in the class that's high-energy and super addicting!

**Yoga (L/M):**

This class will teach individuals the basic fundamentals of yoga, which places the body with intention and purpose. Students will learn how to connect breath to movement through aligning the body, building strength, and how to find clarity in the mind, leading to relaxation and stress relief.