

# Class Schedule October

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

*Class descriptions on back.*

## MONDAY

12:15 – 12:45 pm  
**Power Yoga**  
*Linda / Studio*

5 – 6 pm  
**Group Circuit**  
*Nikki / Gym Floor*

5:30 – 6:15 pm  
**CIZE Cardio**  
*Lauren / Studio*

## TUESDAY

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

## WEDNESDAY

6 – 6:45 am  
**Total Body Strength**  
*Luke / Gym Floor*

11:30 am – Noon  
**PiYo**  
*Melissa / Studio*

12:15 – 12:45 pm  
**Restorative Yoga**  
*Linda / Studio*

5 – 5:45 pm  
**Trainer's Choice**  
*Nikki / Gym Floor*

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

## THURSDAY

Noon – 12:30 pm  
**Cardio Strength Training**  
*Melissa / Studio*

5 – 5:30 pm  
**Total Body Strength**  
*Adam / Gym Floor*

### ZUMBA

5:30 – 6:15 pm  
**October 1, 10, 15, 24, 29**

### CANCELLED

**CIZE/ TURBO KICK**  
**October 14, 23**

## FRIDAY

6 – 6:45 am  
**HIIT**  
*Luke / Gym Floor*

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

**Cardio Strength Training** M/H

With this high-energy class, you condition and strengthen some of the biggest muscle groups by alternating cardio and strength intervals.

**CIZE Cardio** M

A hip-hop dance fitness program in an easy to learn format that focuses on cardio. Each move is broken down to create success and build confidence along with getting a killer workout.

**Group Circuits** L/M/H

A trainer's choice of various exercises for a full body workout. This is an on-going hour-long class that you may come and go as you please. Stay for 10 or 20 minutes or more. Exercises can be tailored to meet any exercise restrictions.

**HIIT** High Intensity Interval Training M/H

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 .

**PiYo** M

A class that combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every muscle, big and small. No jumps and no weights, just results.

**Power Yoga** M

This is a faster paced Vinyasa class which is a "flow" style yoga that is energizing and rejuvenating. This class is open to all but prior yoga experience is recommended.

**Restorative Yoga** L/M

A class consisting of restorative poses. These "active rest" practices promote the release of stored toxins, physical stress, and mental tension. This class is for everyone. No yoga experience necessary.

**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.

**Trainer's Choice** M/H

This is a surprise class which will be decided upon by the trainer! This is sure to be a good time!

**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!

**Zumba** L/M/H

A class that combines low intensity and high intensity moves for an interval-style, calorie burning dance fitness party. A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, and boosted energy.