

# 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

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

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

6:15 – 7 am  
**PiYo**  
*Melissa - Studio*

Noon – 12:30 pm  
**PiYo**  
*Charmayne / Studio*

5 – 5:30 pm  
**Beginner's Strength**  
*Adam / Gym Floor*

## WEDNESDAY

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

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

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

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

## THURSDAY

6:15 – 7 am  
**PiYo**  
*Melissa - Studio*

Noon – 12:30 pm  
**Total Body Burn**  
*Melissa - Studio*

5 – 5:30 pm  
**Weight Training**  
*Adam / Gym Floor*

## FRIDAY

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

**ZUMBA** *is back on schedule!*

**5:30 – 6:15 pm**  
**October 4, 9, 18 and 23**

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

**Beginner's Strength** L/M

A 30-minute class aimed at beginners. It will include a series of low to moderate intensity training exercises to help you increase strength gradually. This will be a great addition to your cardio workouts.

**CIZE Live** M

A cardio, hip-hop dance fitness program that breaks down each move to create success and confidence, along with getting a killer workout.

**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.

**Group Circuits** L/M/H

A trainers 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** M/H

A 30-minute class of "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.

**PiYo** M

A 30 to 45-minute class combining 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

A 30-minute class that is open to all, but prior yoga experience is recommended. This is a faster pace Vinyasa class which is a "flow" style yoga that is energizing and rejuvenating.

**Restorative Yoga** L/M

A 30-minute 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.

**Strength & Conditioning** M/H

This class is designed to improve overall strength and conditioning of the full body. You will be using a wide variety of equipment as well as your own body weight.

**Total Body Burn** M/H

With this high-energy class, you can condition and strengthen some of the biggest muscle groups.

**Weight Training** L/M

This non-aerobic class helps shape and strengthen muscles while building your body to burn more calories during cardio workouts.

**IT'S BACK!**

**Zumba** L/M/H

A 45 to 60-minute 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.