

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6 – 6:45 am PiYo <i>Instructor: Melissa</i> <i>Location: Studio</i></p>	<p>6 – 6:30 am HIIT <i>Instructor: Luke</i> <i>Location: Gym Floor</i></p>	<p>6 – 7 am Group Circuit* <i>Instructor: Clayton</i> <i>Location: Gym Floor</i></p>	<p>6:30 – 7:15 am PiYo <i>Instructor: Melissa</i> <i>Location: Studio</i></p>	<p>6 – 6:30 am September Specialty Class Trainers Choice <i>Instructor: Clayton</i> <i>Location: Gym Floor</i></p>
<p>12:15 – 12:45 pm Power Yoga <i>Instructor: Ginny</i> <i>Location: Studio</i></p>	<p>Noon – 12:30 pm Guts and Guns <i>Instructor: Luke</i> <i>Location: Studio</i></p>	<p>6:30 – 7:15 am Yoga Sculpt <i>Instructor: Ginny</i> <i>Location: Studio</i></p>	<p>7 – 8 am Group Circuit* <i>Instructor: Luke</i> <i>Location: Gym Floor</i></p>	<p>Noon – 12:30 pm Cardio Core <i>Instructor: Clayton</i> <i>Location: Studio</i></p>
<p>Noon – 1 pm Group Circuit* <i>Instructor: Melissa</i> <i>Location: Gym Floor</i></p>	<p>5 – 5:30 pm Beginners Strength <i>Instructor: Adam</i> <i>Location: Gym Floor</i></p>	<p>Noon – 12:30 pm Beginners Strength <i>Instructor: Adam</i> <i>Location: Gym Floor</i></p>	<p>Noon – 12:30 pm Rock Bottom <i>Instructor: Nikki</i> <i>Location: Studio</i></p>	<p>3:30 – 4:30 pm Group Circuit* <i>Instructor: Adam</i> <i>Location: Gym Floor</i></p>
<p>5 – 6 pm Group Circuit* <i>Instructor: Nikki</i> <i>Location: Gym Floor</i></p>	<p>5:30 – 6:15 pm ZUMBA <i>Instructor: Erica</i> <i>Location: Studio</i></p>	<p>12:15 – 12:45 pm Restorative Yoga <i>Instructor: Ginny</i> <i>Location: Studio</i></p>	<p>5 – 5:30 pm Weight Training <i>Instructor: Adam</i> <i>Location: Studio</i></p>	<p><i>* Group Circuit classes are hour-long classes in which you are encouraged to come and go as you please. Drop in anytime within the hour and stay as long as you please.</i></p>
		<p>5 – 5:30 pm September Specialty Class Trainers Choice <i>Instructor: Nikki</i></p>	<p>5:30 – 6:15 pm Zumba <i>Instructor: Erica</i> <i>Location: Studio</i></p>	

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

Beginners 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.

Cardio Core L/M/H

A 30-minute class designed to strengthen the core and condition the body by using intermittent cardio-strength and endurance moves mixed with traditional core exercise.

Weight Training L/M

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

Guts and Guns M/H

A 30-minute strength-based class that targets your arms and abs. This great sculpting class will take your workout to the next level.

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.

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.

Rock Bottom M/H

A 30-minute lower-body toning class designed to tighten, tone, and sculpt your abs, glutes, thighs and calves.

Yoga Sculpt L/M/H

A 45-minute class that incorporates hand weights. The hand weights add a new challenge to traditional yoga classes.

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.

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.

September SPECIALTY CLASS

TRAINERS CHOICE M/H

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

September 19th at 5:30 pm

A CIZE LIVE demo will replace Zumba. Join us in checking out this awesome class.