

# Class Schedule July

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/Melissa / Fitness Floor*

5:30 – 6:15 pm  
**Turbo Kick**

*Lauren / Studio*

## TUESDAY

Noon – 12:30 pm  
**Yoga Flow**

*Linda / Studio*

Noon – 12:30 pm  
**Beginner's Strength**

*Adam / Fitness Floor*

5:30 – 6:15 pm  
**Trainer's Choice**  
*Ryan / Fitness Floor*

## WEDNESDAY

6 – 6:30 am  
**HIIT**

*Lainey / Fitness Floor*

## THURSDAY

Noon – 12:30 pm  
**PiYo**

*Melissa / Studio*

5:30 – 6:15 pm  
**Trainer's Choice**

*Lainey / Fitness Floor*

## FRIDAY

Noon – 12:30 pm  
**Guts and Butts**

*Lainey / Studio*

**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!

**Guts and Butts** M

This class will focus on strengthening the core of the body – abdominals, lower back, hips and glutes.

**HIIT** 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.

**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 single muscle – big and small. No jumps. No weights. Just hardcore results.

**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!

**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.