



OCTOBER Group Fitness Schedule



SUNDAY	No classes	No classes	No classes
MONDAY	5:15a - 6:15a PiYo: Sara 9:30a - 10:30a MAD Zone (main floor): Cheryl 6p - 7p Insanity: Cheryl	5:30p - 6:15p TRX: Lynne	
TUESDAY	9:30a - 10:30a PiYo: Laurie 5:30p - 6:30p MAD Zone (main floor): Barb *Starts the 9th 6p - 7p TurboKick: Laurie 7p - 8p Zumba: Josh		5:15a - 6:15a Cycling: Mari *Starts the 9th 7:15p - 8:15p Cycling: Laurie *Starts the 9th
WEDNESDAY	5:15a - 6:15a Bootcamp: Sara 9:30a - 10:30a Insanity: Cheryl 6p - 7p Insanity: Laurie *No class on 31st	5:30p - 6:15p TRX: Lynne	
THURSDAY	9:30a - 10:30a Yoga: Angie 6p - 7p TurboKick: Denise		7:15p - 8:15p Cycling: Barb *Starts the 11th
FRIDAY	9:30a - 10:30a MAD Zone (main floor): Cheryl 10:30a - 11:30a PiYo: Laurie	5:15a - 6a TRX: Barb *Starts the 12th	
SATURDAY	8:15a - 9:15a Yoga: Angie *No class on 20th 9:30 - 10:30a TurboKick: Denise *No class on 27th 11a - 12p Zumba: Josh		8a - 9a Cycling: Margo

Find us on social media! 419.724.7000 www.gomadfitness.com See the back for class descriptions!

CLASS DESCRIPTIONS

PiYo - Laurie/Sara

PiYo Live is a cardio fusion class of strength and flexibility that guides you in a series of low impact, high intensity Pilates and Yoga inspired moves to work every muscle in the body. You won't want to miss this athletic, music driven fitness class!

TurboKick - Laurie/Denise

An energy filled workout that anyone can do! Whether you love or hate burpees, there is a modifier for every fitness level. TurboKick combines easy and safe punches and kicks with awesome music that makes you forget you're even working out! TurboKick is great for all ages. Required equipment for class: good tennis shoes and a positive attitude!

Zumba - Josh

Dance along to choreography with a fusion of Latin and International music. Zumba creates dance themes that create a dynamic and exciting full body workout! Based on the principle that a workout should be "fun and easy to do", Zumba features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Cycling - Mari/Margo/Barb/Laurie

Cycling is a high intensity, full body workout! We encourage you to push yourself to the limit while also allowing you to go at your own pace. We will start with a warm up and progress into the workout, ending with a cool down/stretch. We are here to help you properly set up your bike and will pump you up the entire way through the ride!

*Cycling is of high demand. Please reserve your spot 24 hours prior to class time by calling the club.

Yoga - Angie

This yoga class is suitable for all fitness levels to gain balance, core strength, flexibility, stress relief, muscle recovery and even joint health. Come try a class for free! You'll love it!

TRX - Lynne/Barb

A total body workout that develops strength, balance, and core stability while using your own body weight as resistance. This class benefits people of all fitness levels and is fun and challenging! Come try this free class!

Insanity - Cheryl/Laurie

Insanity is a maximum interval training class with cardio, plyometric movements, strength and core intervals. Modifications are available for all fitness levels! Burn fat, torch calories & get defined! It's time to dig deep!

Bootcamp - Sara/Barb

Time to BOOST your cardio and core strength with Bootcamp! Each 45-minute class will combine short bursts of high intensity cardio with strengthening exercises using body weight and hand weights. Each class is unique and the time will fly by while your fitness levels increase exponentially!

MAD Zone - Cheryl/Barb

Experience a new challenge in our themed circuit class where you get the best of both worlds! Combine intervals of high intensity cardio with heavy weight lifting and make every minute count. Beat the boredom and get maximum results in minimal time! See you on the main floor!

