



# november

## Group Fitness Schedule

monday	5:15a – 6:15a PiYo: Sara 8:30a – 9:30a RowPiYo: Laurie 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 6p – 7p TurboKick: Laurie *No class on 13 <sup>th</sup> 7p – 8p Zumba *No class on 13 <sup>th</sup>	5:15a – 6:15a TRX: Mari
wednesday	5:15a – 6:15a Bootcamp: Sara 9:30a – 10:30a Insanity: Cheryl 6p – 7p Insanity: Laurie	5:30p – 6:15p TRX: Lynne
thursday	8:30a – 9:30a TurboKick: Laurie 9:30a – 10:30a Yoga: Angie *No class on 22 <sup>nd</sup> 9:30a – 10:30a PiYo: Laurie *Starts on 29 <sup>th</sup> 6p – 7p TurboKick: Denise *No class on 22 <sup>nd</sup>	7p – 8p CardioTRX: Barb
friday	9:30a – 10:30a MAD Zone (main floor): Cheryl 10:30a – 11:30a Yoga: Karen	5:15a – 6:15a TRX: Barb
saturday	8:15a – 9:15a Yoga: Angie 9:30a – 10:30a TurboKick: Denise *No class on 10 <sup>th</sup> or 17 <sup>th</sup> 10:30a – 11:30a Zumba *No class on 10 <sup>th</sup>	
sunday	No Classes	

# class descriptions

## **PiYo: Sara/Laurie**

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! **RowPIYO**: Incorporating 30 minutes on row machines.

## **TurboKick: Denise/Laurie**

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!

## **Yoga: Angie/Karen**

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/Mari/Barb**

A total body workout that develops strength, balance, and core stability while using your own bodyweight as resistance. This class benefits people of all fitness levels and is fun and challenging! Come try a class for free! **CardioTRX**: Incorporating 30 minutes on cardio equipment.

## **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: Barb/Sara**

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 bodyweight 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!

## **Zumba**

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.