



# January

## Group Fitness Schedule

<b>Monday</b>	<p>9:30a – 10:30a MAD Zone (main floor): Cheryl            5:30p – 6:15p Insanity: Cheryl</p>
<b>Tuesday</b>	<p>9:30a – 10:30a PiYo: Laurie            6:00p – 7:00p PiYo: Karen            7:00p – 8:00p MAD Zone (main floor): Barb</p>
<b>Wednesday</b>	<p>9:30a – 10:30a Insanity: Cheryl            5:30p – 6:15p Insanity: Laurie</p>
<b>Thursday</b>	<p>9:30a – 10:30a PiYo: Laurie            6:00p – 7:00p TurboKick: Denise            7:00p – 8:00p TRX: Barb</p>
<b>Friday</b>	<p>9:30a – 10:30a MAD Zone (main floor): Cheryl            10:30a – 11:30a Yoga: Karen</p>
<b>Saturday</b>	<p>8:15a – 9:15a Yoga: Karen            9:30a – 10:30a TurboKick: Denise            12:00p – 1:00p Cardio Drumming: Jen <b>No class January 12</b></p>
<b>Sunday</b>	<p>4:00p – 5:00p PiYo: Sara</p>

Find us on social media! 419.724.7000 [www.gomadfitness.com](http://www.gomadfitness.com) See the back for class descriptions!

# **Class descriptions**

## **Body Burn: Wendi**

A high energy class that uses interval training to maximize fat loss, torch calories fast, build endurance and boost your metabolism! We will use resistance and cardio training techniques to improve your endurance and help you build strength in half the time of standard resistance training! We'll keep your body guessing by switching up the circuits every class. More fun, more sweat, more results!

## **Pilates: Lynne**

This class will strengthen and tone your arms, abs, glutes and thighs through a variety of controlled, low impact exercises. After working a muscle, stretching will lengthen your muscles and improve your flexibility. Most moves will require only your own body weight, while some will incorporate light free weights and resistance bands. Variations will be introduced to accommodate all fitness levels.

## **Twilight Yoga: Katja**

This class introduces the fundamental principles of yoga with heavy core-focused stretches and movements. We set the mood with candle light to leave you feeling centered and calm. Variations will be introduced to accommodate all fitness levels.

## **Fit Body: Lynne**

Designed for all fitness levels and ages, this class will work on your legs, arms, glutes and abs with free weights and a mat.

## **Dirty 30: Maria**

It's a race against time! A 30-minute high intensity workout consisting of timed circuits. See how many times you can lap each circuit in the allotted time! This HIIT based class is meant to burn a large number of calories in the least amount of time, while building lean muscle and torching fat!