

Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 AM	Monday Mania	Jump Start	Suspind	Jump Start			
8:15 AM	Suspind	Spinning Body Flex	Suspind	Spinning Body Flex	Friday Shred	Spinning	
9:00 AM	Body Alive	Pure Strength Bootcamp	Body Alive	Pure Strength Bootcamp	Zumba Dynamic Flexibility	Super Step Yoga	
10:00 AM	Yoga	Zumba	Yoga X-plosive	Zumba		Zumba	
12:05 PM	High Noon Shred		High Noon Shred				
2:15 PM							X-treme Hip-Hop
3:45 PM		FLEX Family Fitness		FLEX Family Fitness			
4:30 PM	Zumba		Zumba				
5:30 PM	Super Step		Super Step				
5:45 PM	Spinning Bootcamp Yoga	Zumba Bootcamp	Bootcamp Yoga	Zumba Bootcamp Spinning			
6:30 PM	Zumba	X-treme Hip-Hop	Abs/Core (15 mins)	X-treme Hip-Hop			

Class Descriptions

BODY ALIVE: A 45 min class of light cardio, weight toning, stretch, & balance exercises to increase strength and flexibility. ALL FITNESS LEVELS.

BODY FLEX: Slow paced and relaxing stretches for the entire body. This class is great for all levels of fitness and athletes. ALL FITNESS LEVELS.

BOOTCAMP: A high intensity functional training workout combining cardiovascular endurance, strengthening, and agility exercises.

challenging and creative workouts each class! HIGH INTENSITY

DYNAMIC FLEXIBILITY: A 30 min class focusing on moving the muscles and joints through their full range of motion during active movement.

ALL FITNESS LEVELS.

FLEX FAMILY FITNESS: This class will focus on building muscular strength and endurance while improving cardiovascular endurance.

Barbells, kettlebells, dumbbells, sleds, battle ropes, and more will be used for challenging, yet manageable workouts. 4th grade and up.

FRIDAY SHRED: A 45 min calorie scorching class designed with a wide range of formats in strength training & cardio. This class will

undoubtedly burn the calories you want at the end of the week.

HIGH NOON SHRED: An express 30 min lunch time class including strength, cardio, & core

JUMP START: Start your day off with this 45 min class combining toning and cardio in a circuit format. ALL FITNESS LEVELS.

MONDAY MANIA: 30-45 minutes of interval training! Start your week with a fun and challenging workout to boost metabolism and gain endurance.

PURE STRENGTH: A complete strength training routine using body weight, free weights, and other equipment to increase metabolism, muscle strength, endurance, and to help decrease body fat. ALL FITNESS LEVELS.

SUPER STEP: 55 mins of non-stop, advanced step and high/low aerobics to high energy music. HIGH INTENSITY.

SUSPIND: A combination of spinning and bootcamp for cardiovascular and strength challenges. HIGH INTENSITY.

X-PLOSIVE: Dynamic warmup followed by development of agility, faster feet, & explosive power! Tools used include agility ladders, cones hurdles, medicine balls, and more! ALL FITNESS LEVELS.

X-TREME HIP-HOP: A combination of cardio, step, and hip-hop music to provide a fun and fresh spin on step aerobics.

YOGA: Designed to build flexibility and strength, this class works to improve circulation, create a light strong body, and a calm mind. ALL FITNESS LEVELS.

ZUMBA: A combination of Latin and international music and dance moves to effectively burn calories, tone, and improve cardiovascular stamina.