

# Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 AM	<b>Monday Mania</b>	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 KB Combine	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

**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.

**KB COMBINE**: A 30 min class using primarily kettlebells to increase strength, cardiovascular endurance, core stability, and functional fitness.

MODERATE TO HIGH INTENSITY.

**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.

**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. 4<sup>th</sup> grade and up.

**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.

**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.

**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.

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