

# Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	Monday Mania	Jump Start	Suspind	Jump Start		
8:15am	Suspind	Spinning® Body Flex	Suspind	Spinning® Body Flex	Friday Shred	Spinning®
9:00am	Body Alive	Pure Strength Bootcamp	Body Alive	Pure Strength Bootcamp	Zumba®	Super Step Yoga (1st Floor)
10:00am	Yoga (1st Floor)	Zumba®	Yoga (1st Floor)	Zumba®		Zumba®
3:30pm		Str. & Conditioning		Str. & Conditioning		
4:30pm	Zumba®		Zumba®			
5:30pm	Super Step		Super Step			
5:45pm	Spinning Str. & Conditioning Yoga (1st Floor)	Zumba Bootcamp	Str. & Conditioning Yoga (1st Floor)	Zumba Spinning Bootcamp		
6:30pm	Zumba		Abs/Core (15-mins)			

## Class Descriptions

**BODY ALIVE**– A 45-minute 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. 45 min. ALL FITNESS LEVELS

**BOOTCAMP** - A high intensity functional training workout combining cardiovascular endurance, strengthening, and agility exercises. Challenging and creative workouts each class! Class limited to first 25 participants and lasts up to 45 min. 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 at the end of the week.

**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. HIGH INTENSITY

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

**STRENGTH & CONDITIONING**– 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. ALL FITNESS LEVELS!

**SUPER STEP**- 55 min. of non-stop, advanced step and hi/lo aerobics to high energy music. HIGH INTENSITY

**SUSPIND**– A combination of Spinning® & Bootcamp for a cardiovascular and strength challenge. 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!

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