



GROUP FITNESS SCHEDULE JUNE 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 AM	Core & More Tonya	Cardio Sculpt Vivian	Core & More Tonya	Cardio Sculpt Tonya	PiYO Vivian
8:30 AM	Triple Fit Tonya	Stretch & Strengthen Tonya	Triple Fit Tonya	Stretch & Strengthen Kim	Body Sculpt Carolyn
9:30AM	Step & Sculpt Maddy	Step & Sculpt Maddy	FIRE Kim	Step & Sculpt Maddy	Gentle Stretch Carolyn
10:30 AM			PACED Kim		PACED Kim
12:15PM	PiYO 45 Min Vivian	Body Sculpt 45 Min Courtney	Yoga 45 Min Courtney	Body Sculpt 45 Min Carolyn	
4:15PM	Body Sculpt Carolyn	Pilates Carolyn	Triple Fit Carolyn	Pilates Carolyn	
5:30PM	HIIT Kim	Body Sculpt Corinne	Cardio Sculpt Corinne	Body Sculpt Corinne	
6:30PM	FIRE Kim	HIIT 30 Min Corinne	Body Bar 30 Min Corinne	HIIT 30 Min Corinne	
7:00PM		Yoga Hannah		Yoga Hannah	

	Saturday
9AM	Pilates Corinne
10AM	HIIT Corinne

	Sunday
4 PM	PiYO Vivian

- Flexibility + Strength
- Cardio + Strength
- Cardio
- Strength

All classes are 55 minutes unless otherwise noted

******NO CLASSES******
6/8 & 6/13 Yoga @ 7PM



CLASS DESCRIPTIONS



<p>Gentle Stretch Practice stretches that will gently increase your flexibility and relaxation</p>	<p>Body Sculpt Sculpting all of the major muscle groups using a variety of equipment</p>
<p>Pilates Focus on your flexibility, balance, and core in this class</p>	<p>Body Bar Focus on sculpting all of the major muscle groups using only the Body Bar</p>
<p>Stretch and Strengthen Increase your flexibility, strength and balance in this class focusing on stretching and either sculpting or balancing work</p>	<p>HIIT High Intensity Interval Training Alternating between short, intense cardio and lower intensity cardio sessions</p>
<p>Yoga 101/Gentle Yoga/Yoga Postures combined with breathing techniques to help build strength, flexibility, and mindfulness</p>	<p>Dance Fun dance moves with lower body sculpting exercises</p>
<p>PIYO Combines the muscle sculpting of Pilates and the flexibility of yoga with non-stop fluid movement and great music.</p>	<p>Tabata Cardio training involving a 2:1 ratio of work and passive recovery</p>
<p>Core and More Bodyweight exercises that focus on the abdominal, back, and more</p>	<p>Cardio Sculpt Cardio that can be modified to hi or low impact, weight training, and/or core work</p>
<p>FIRE "Functional Integrated Resistance Exercise" Increase your balance and flexibility while Performing everyday motions with ease</p>	<p>Step and Sculpt An energizing cardio step class that includes upper body sculpting</p>
<p>PACED Chair exercises and balance exercises. A great class for those just starting a new exercise routine or recovering from a recent injury.</p>	<p>Triple Fit Get the total package by combining cardio, sculpting, and flexibility in this class and get more from your workout</p>

Flexibility + Strength
 Strength
 Cardio
 Cardio + Strength

ALL CLASSES CAN BE MODIFIED FOR ANY FITNESS LEVEL