

**Group Fitness- June & July 2016**

Time-	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:00am	30 Min Spin Mark	Circuit Training Jennifer	30 Min Spin Mark	Total Body in 30 Jennifer	30 Min Spin Melissa	
7:30-8:30am						Power Hour Spin Mark
8:30-9:15am	Fit4Life Cardio Jacki  Power Spin Victoria (40 min)	Muscle Structure Heather	HIIT IT (30 Min) Jennifer P.	Steppin' it UP! Jacki	Cardio Dance Fusion Heather	
9:30-10:15am		**Water Aerobics Jennifer P.		**Water Aerobics Jennifer P		
9:45-10:30	Fit For Seniors/Low Cardio Jacki		FIT for Seniors Strength & Stretch Jacki		Fit for Seniors/Low Cardio Jacki	
4:00-4:30pm			All Arms Heather	30 Min Spin Teresa		
4:30-5:15pm	Muscle Structure Jacki					
4:45-5:15pm		Booty & Belly Laura				
4:45-5:30pm			Power Spin (40 min) Heather	Yoga Emily		
5:30-6:00pm	30 Min Spin Teresa		Weight A Minute Laura			
5:30-6:15pm		Kickboxing Laura				
6:00-6:45pm	**Water Aerobics Erica		**Water Aerobics Erica	Kickboxing Jennifer O.		

**All Arms**-This class will target different muscle groups in the upper body each week. Learn proper form and technique while sculpting those muscles for effective results.

**Booty & Belly**-Does this class really need a description? Strengthen, tone and tighten your rear, back and core during this awesome 30-minute class!

**Cardio Dance Fusion** Just the right blend of easy to follow Hip Hop and Latin dance moves fused together for an energizing cardio workout! Let the music *move* you!

**Circuit Training**-A new and challenging workout out each week! Timed circuits of resistance training and cardiovascular aerobics. Targets strength building, cardiovascular and muscular endurance.

**Fit4Life Floor Cardio** -This class is a take-off of the popular Fit For Senior Class. A class designed for ages 50 and over! A little faster paced than the traditional Fit For Senior Class. Will include cardiovascular exercises as well as strength and standing core exercises.

**FIT For Seniors** -Welcome all Senior Citizens to this class FIT just for you! This class will focus on increasing mobility, flexibility, balance and muscular strength and endurance. One of our most popular classes.

**HIIT IT** -(High Intensity Interval Training) You will work through repeated bouts of high intensity cardiovascular exercises with periods of lower intensity active recovery. This 30-minute class will challenge you each week!

**Kickboxing**- Fun easy to follow exercises to strengthen core muscles, increase coordination and agility with the use of a heavy bag and basic kickboxing techniques. Full boxing gloves recommended to add optimal protection with some added weight. (at least 12 oz to start)

**Muscle Structure** -This strength class is sure to challenge your muscles like never before! A head to toe work out using free weights, body bars, elastic tubing & more. You will utilize small and large muscle groups for optimal results!

**Steppin' it UP!** A great combo of sports/dance moves using a step with risers to elevate your heart rate. An old school technique set to up-to-date, energizing music to keep you motivated.

**Spin , Power Spin, Power Hour**- This indoor cycling class is set to motivating music and is intended for all fitness levels. Pedal your way through a variety of terrain with intervals of intensity. 30-40 min. plus hour class available on Saturday. Please see schedule for times. **Please pick up Spin ticket at fitness desk no sooner than one half hour before class. 14 Bikes available**

**Total Body In 30!** - Use compound movements in the class to get the optimal workout in 30 minutes! A great addition to any early morning routine.

**Water Aerobics**-Relax, unwind and enjoy yourself during this amazing low impact workout. Let the water flow over your body and sooth your muscles and joints. Great for all fitness levels. Life guard on duty.

**"Weight" a Minute**- Transition from one exercise to the next minute by minute using light to medium weights during this NEW and effective fat burning class!

**Yoga**- This class is focused on mind and body connection. You will re learn how to listen to the body and practice mindfulness. This class should leave you feeling light in the heart and mind and your body relaxed, at ease and loved. We will use movements both challenging and relaxing; like a balance pose. You will gain core strength, balance, upper body strength, a solid foundation head to toe.

**\*\*Water aerobics begin on Monday, June 13, 2016**