

FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9AM BOOT CAMP (QUIN)	9AM GROUP PUMP (TINA)	9AM BOOT CAMP (QUIN)	9AM GROUP PUMP (TINA)	9AM MOVE IN JOY! (LUCY)
10AM FIT BALL (JEANNINE)	10AM STRETCH+ (JEANNINE)	10AM LOW IMPACT (TINA)	10AM MOVE+ (JEANNINE)	10AM BEGINNER PILATES (KRISTINA)
	12:30PM GROUP PUMP (TONYA)	11AM PILATES FUSION (KRISTINA)	12:30PM CIRCUITS (QUIN)	
	6PM PILATES (JAN)		6PM PILATES (JAN)	
	7PM ZUMBA (JULIE)		7PM ZUMBA (JULIE)	

FITNESS CLASS DESCRIPTIONS

BOOTCAMP

A ONE HOUR WORKOUT WITH ROTATING STATIONS WORKING YOUR TOTAL BODY (UPPER BODY, LOWER BODY, AND CORE) COMBINED WITH BURSTS OF CARDIO. THIS IS AN INTERMEDIATE/ADVANCED CLASS.

CIRCUIT

A FAST-PACED, ONE-HOUR WORKOUT WITH ROTATING STATIONS INCORPORATES CARDIO AND RESISTANCE TRAINING. DESIGNED TO KEEP HEART RATE UP AND BURN CALORIES WITH LITTLE REST BETWEEN SETS AND REPEATING CIRCUITS.

FIT BALL

LOW IMPACT WORKOUT USING THE STABILITY BALL TO FOCUS ON CORE STRENGTH, MUSCLE ENDURANCE, AND FLEXIBILITY. THIS CLASS CAN IMPROVE BALANCE, POSTURE, AND COORDINATION. A FUN CLASS FOR BEGINNERS/INTERMEDIATE LEVELS OF FITNESS.

GROUP PUMP

A ONE-HOUR BARBELL WORKOUT FOCUSING ON STRENGTH TRAINING EXERCISES ARE TARGETED TO EACH MAJOR MUSCLE GROUP. THIS IS A TOTAL BODY WEIGHT WORKOUT AND GREAT FOR BEGINNERS.

LOW IMPACT

LOW IMPACT MOVEMENTS COMBINED WITH SHORT BURSTS OF CARDIO FOCUSING ON STRENGTH BUILDING AND FLEXIBILITY. THIS CLASS IS GREAT FOR BEGINNERS.

MOVE +

A FUN, CHOREOGRAPHED MOVEMENT CLASS THROUGH THE ERAS - 50'S, 60'S, 70'S AND 80'S MUSIC. THIS LOW IMPACT CLASS INCREASES YOUR ENDURANCE AND IMPROVES YOUR COORDINATION AND BALANCE FOR ALL FITNESS LEVELS.

MOVE IN JOY!

LOW IMPACT FUSION OF DANCE FITNESS TO CHRISTIAN MUSIC COMBINED WITH SPECIFIC STRETCHING POSTURES CALLED PRAISE MOVES THAT FOLLOW A SCRIPTURE SEQUENCE. THIS CLASS OFFERS BOTH FUN AND FAITH FOR ALL LEVELS OF FITNESS.

PILATES

PILATES IS A LOW IMPACT WORKOUT THAT FOCUSES ON STRENGTH, BALANCE, ENDURANCE AND CORE STABILITY WITH EMPHASIS IS ON ALIGNMENT AND BREATHING. NO EQUIPMENT OR EXPERIENCE REQUIRED.

STRETCH +

VARIOUS STRETCHING TECHNIQUES TO IMPROVE RANGE OF MOTION, POSTURE, OVERALL MOBILITY, AND FLEXIBILITY. ALL MUSCLE GROUPS ARE STRETCHED AND FASCIA IS RELEASED FOR A RELAXING, BUT INVIGORATING CLASS.

ZUMBA

ZUMBA IS A HIGH-ENERGY, CHOREOGRAPHED DANCE CLASS SET TO MUSIC. THE LOW-IMPACT MOVES FOCUS ON STRENGTHENING YOUR CORE AND LEGS, WORK ON STABILITY AND BALANCE, AND HELP BOOST ENDURANCE. THIS IS A GREAT CLASS FOR BEGINNERS.

PILATES FUSION

A BLENDED PILATES CLASS COMBINING CLASSIC CORE WORK WITH VARIOUS EQUIPMENT SUCH AS FOAM ROLLER, STABILITY OR BOSU BALL, AND WEIGHTS TO CHALLENGE STRENGTH, BALANCE, AND ENDURANCE. OPEN TO ALL FITNESS LEVELS BUT TARGETS INTERMEDIATE AND ADVANCED STUDENTS.