

SPRING 2012

Classes start January 16th



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 AM		Spin Steffan		Spin Rebecca	
9 AM	AOA Rebecca		AOA Rebecca		
12:10 PM	Spin Rebecca	Kickbox/Cardio Pump Rebecca	Spin Rebecca	S.I.F.C. Jarrod	Pilates Rebecca
3 PM	S.I.F.C. Jarrod	Butts and Guts Shonna	Spin and Core Rebecca		
5:15 PM	Spin Steffan	Cross Training Jarrod		Spin Cam	

AOA (active older adults) Focuses on functional movement, balance, strength, and cardio endurance!

Pilates This mat-based class is a method of exercise and physical movement designed to lengthen, strengthen and balance the body.

Butts & Guts Target and strengthen your legs, glutes and abdominals with this lower body muscle conditioning class using mats, balls, weights, and bands.

Spin Come inside and spin your way through cardio challenges, varying speeds and resistance levels, hill climbs, flat sprints and more. Easy to follow – tough to finish!

Cardio Pump This barbell class shapes, tones and strengthens your entire body.

Kickboxing This high-energy class combines kicks, punches, conditioning and agility moves for a hard-core, non-contact workout.

Cross Training Endurance and conditioning class that combines strength, kettlebell training and plyometrics.

S.I.F.C. (sweat is fat crying) This is a cardio based class designed to burn calories. This class uses cardio drills along with steps, fit balls, BOSU balls, Jump Ropes, and cardio pump equipment.

Spin and Core Combine the best of both worlds and reap the benefits of a spin class infused with core exercises.