



# DECEMBER GROUP EXERCISE SCHEDULE December 1, 2014-January 4, 2015

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:00 AM</b>	(B)TRX/RIP w/Sheila	(B)Cardio Boxing w/Frank	(B)TRX/RIP w/Sheila	(B)Cardio Boxing w/Frank	(B)TRX/RIP w/Natalie		
<b>6:00 AM</b>	(B)Transformer Body Sculpt w/Sheila	(F)Group Training w/Mike	(B)Sweat HIIT Cardio w/Sheila	(F)Group Training w/Mike	(B)Transformer Body Sculpt w/Sheila		
<b>6:45 AM</b>						(B)Sweat HIIT Cardio w/Sheila	
<b>8:15 AM</b>	(S)Weighted Workout w/Brenda	(S)Step w/Bonnie	(S)Mat Pilates w/Brenda		(S)Hard Core Chisel w/Bonnie	<b>8:00 AM</b> (S)Level 2 Yoga w/Mikal	<b>8:30 AM</b> (TBD)Bootcamp w/Frank
<b>8:45 AM</b>		(B)Cardio Boxing w/Frank		(B)Cardio Boxing w/Frank		<b>9:00 AM</b> (B)Cardio Boxing w/Frank	<b>9:00 AM</b> (S)Burn & Firm w/Marcy
<b>9:30 AM</b>	(S)Zumba w/Ellie	(S)20/20/20 w/Brenda	(S)Dance Party w/Brenda	(S)20/20/20 w/Brenda	(S)Mat Pilates w/Brenda	(S)Funk Fusion w/Lorenzo	
<b>10:45 AM</b>	(S)Yogalates w/Francis	(S)Gentle Yoga w/Mikal		(S)Gentle Yoga w/Pamela	(S)Zumba w/Ellie		(S)Yoga w/Mary
<b>4:30 PM</b>	(S)Level 1 Yoga w/Mikal		(S)Level 1 Yoga w/Pamela				
<b>5:30 PM</b>	(B)Elite Workout w/Sheila	(B)TRX/RIP w/Moses		(B)TRX/RIP w/Moses			
<b>5:45 PM</b>	(S)Funk Fusion w/Lorenzo		(S)Funk Fusion w/Lorenzo	(S)Cardio Sculpt w/Lorraine			
<b>6:30 PM</b>		(B)Cardio Boxing w/Frank		(B)Cardio Boxing w/Frank			
<b>7:00 PM</b>	(S)Zumba w/Liz	(S)Pump, Push & Pull w/Bonnie	(B)Elite Workout w/Mike	(S)Pump, Push & Pull w/Bonnie			

(S) Studio (B) Boxing Area (F) Floor

Classes and Instructors subject to change.

FOR QUESTIONS OR SUGGESTIONS ABOUT CLASSES, CALL THE CLUB @ 482-2582

## Class Descriptions

### **BOOTCAMP/ELITE WORKOUT**

This class is like none other you will experience. The use of functional movements with kettlebells, medicine balls, weighted bags, free weights, TRX and battle ropes to give you muscle conditioning and strength for the ultimate workout.

### **BURN & FIRM**

A class combining cardio and body sculpting for a total body workout.

### **CARDIO BOXING**

This class is a high intensity, energetic and challenging class. The use of heavy bags for different punching and kicking combinations and different plyometric exercises improve strength, endurance and conditions the entire body.

### **CARDIO SCULPT**

This class is a full body workout which uses hand weights, elastic bands and steps for overall body strength and more.

### **DANCE PARTY**

Warm up and the heat is on. This class combines various dance steps in patterns to work your body while you experience a fun dance party atmosphere.

### **FUNK FUSION**

Funky moves for your workout groove. This class combines the intricacies of hip-hop dance with the intensity of a cardio-funk workout that is fun, fun, fun.

### **GENTLE YOGA**

A gentle practice of the mind/body fundamentals of Yoga for the beginner and those those needing a gentler Yoga workout.

### **GROUP TRAINING**

Circuit Training is a growing trend in the fitness industry. It combines personal training in a small group atmosphere at an affordable price. It will focus on all areas of fitness from fat loss, improving strength, endurance and conditioning.

### **HARD CORE CHISEL**

This class is a muscle conditioning class that incorporates movement for functional fitness. Weights are used in a cardio-intensive style that will get you fit for life.

### **MAT PILATES**

This class, which is based on the Pilates Method, offers total body conditioning that develops mind and body uniformity while addressing balance, strength and flexibility with focus on the core, "the powerhouse".

### **PUMP, PUSH & PULL**

A body sculpting class that uses free weights and body weight to strengthen and tone the muscles. Abdominal work and stretches are included.

### **STEP**

This intermediate to advanced class combines various stepping patterns for a high intensity workout.

### **SWEAT HIIT CARDIO**

This class is a total body, heart-pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body and improve your endurance.

### **20/20/20**

A class that gives you the best of three workouts: low impact aerobics for cardio, weights for muscle conditioning, abs and stretches.

### **TRANSFORMER BODY SCULPT**

This class combines cardio, weights and moves which will improve your strength and conditioning and change your body.

### **TRX/RIP**

TRX Training is a registered apparatus which uses a method of leveraged bodyweight to perform exercises. You work at your level to perform exercises that build power, strength, flexibility, balance, and mobility.

### **WEIGHTED WORKOUT**

A class which combines cardio and free weights to strengthen and sculpt your muscles while improving your endurance. Abdominal work and stretches included.

### **YOGA**

Balance your mind and body using various styles/disciplines of Yoga to increase strength, endurance and flexibility. This class is for all fitness levels and will invigorate the body while calming the mind.

### **YOGA-LEVEL 1**

An intermediate level class which uses various styles/disciplines of Yoga to increase strength, endurance and flexibility.

### **YOGALATES**

A class that combines various styles of yoga with mat pilates to balance your mind and body and strengthen your core.

### **ZUMBA**

Zumba is a Latin-inspired, calorie-burning, feel-it-to-the-core dance-fitness party that leaves you feeling energized and exhilarated.