



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL 2017 FITNESS SCHEDULE

**Director:  
Drew Earls**

Main Fitness Schedule-  
Fall 2017

**Schedule effective:  
09/11 /2017**

**\*MUST PRE-REGISTER  
AT THE FRONT DESK  
FOR BODYPUMP &  
GRIT**

**BODYPUMP & GRIT:  
FIRST CLASS IS FREE!**

Per class fee \$5

Monthly Fee \$15 per  
program

Monthly Fee \$25 for  
both BodyPump and  
GRIT together.

(Only members can do  
the monthly option.  
Nonmembers must pay  
day pass PLUS daily  
fee charge)

**Class Locations:**

- #1: Program Room #1
- #2: Program Room #2
- #3: Mind Body Studio  
(by racquetball courts)
- #4: Upstairs fitness  
room
- #5: Gymnasium

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15-6:15 am <b><u>BodyPump* #2</u></b>	5:15-6 am <b><u>GRIT Cardio #1</u></b> Kettlebell #2	5:15-6:15 am <b><u>BodyPump* #2</u></b>	5:15-6 am <b><u>GRIT Cardio #1</u></b> Kettlebell #2	5:15-6:15 am <b><u>BodyPump* #2</u></b>		
		6am-6:45am Spin #1		6am-6:45am Spin #1			
	8-9 am Body Sculpt #2 Pilates#3	8-9 am Yoga #3	8-9 am Body Sculpt #2 Pilates#3	8-9 am Yoga #3	8-9 am Body Sculpt #2 Pilates #3		
		8:30-9:30 Kickboxing #4 <b><u>GRIT Strength #2</u></b>		8:30-9:30am Kickboxing #4 <b><u>GRIT Strength #2</u></b>			
	9-10 am Boot Camp #2 Spin #1		9-10 am Boot Camp #2 Spin #1		9-10 am Boot Camp #2 Spin #1	9-9:30am <b><u>GRIT Strength #2</u></b> 9-10 am Kickboxing #4	
	10:15am-10:45am BARRE #3	9:15-10:15 am <b><u>BodyPump* #2</u></b>	10:15am-10:45am BARRE #3	9:15-10:15 am <b><u>BodyPump* #2</u></b>			
					10am-10:45am T'ai Chi Chih		
	12:15-12:45pm <b><u>GRIT Strength #2</u></b>				12:15-12:45pm <b><u>GRIT Cardio #2</u></b>		
		4pm-5pm Y-BLAST #4		4pm-5pm Y-BLAST #4			
	4:30pm-5pm <b><u>GRIT Cardio #1</u></b> 4:30-5:30 pm HIIT Circuit #2	4:30-5:30 <b><u>BodyPump* #2</u></b>	4:30-5:00 pm <b><u>GRIT Strength #2</u></b>	4:30-5:30 <b><u>BodyPump* #2</u></b> Vinyasa Yoga #3	4:30-5:00 pm <b><u>GRIT Plyo #2</u></b>	10-11 am <b><u>BodyPump* #2</u></b>	
	5:15-5:45pm Barre #3	5:30-6:30 Zumba #2	5:15-5:45pm Barre #3	5:30-6:30 pm Kickboxing #4			
	5:30-6:30 pm Kickboxing #4	5:30-6:30pm Vinyasa Yoga #3	5:30-6:30 Zumba #2				
	5:30pm-6:15pm Spin #1	5:30pm-6:15pm Spin #1	5:30pm-6:15pm Spin #1	5:30pm-6:15pm Spin #1			
	5:45-6:30pm <b><u>GRIT Strength #2</u></b> HHST #3	5:45-6:15pm <b><u>GRIT Cardio #4</u></b>		5:45-6:15pm <b><u>GRIT Cardio #2</u></b>			
	6:30-7:30 pm TRX MIX #4 Zumba #2	6:30 pm-7:30 p <b><u>BodyPump #2</u></b>	6:30pm-7:30pm TRX MIX #4	6:30 pm-7:30pm <b><u>BodyPump #2</u></b>			



## CLASS DESCRIPTIONS

body to a broader range of motion.

**Barre** - This class is about the physical and aesthetic benefits of lengthening and strengthening of muscles, combining pilates, yoga, and ballet to define and tone your body without the impact or injuries that dancers endure.

**Body Pump** - Great bodies aren't born they are transformed! Body Pump is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups. Spend one hour performing 800 repetitions and burning 500 calories. This class will change you. \$15 a month

**Body Sculpt** - This is an all-body workout which helps build lean muscles and increase strength.

**Boot Camp** - A high-intensity workout using a combination of military-style calisthenics, athletic drills, and low-level plyometrics - all in one class!

**T'ai Chi Chih**- A gentle art of flowing, meditative motion. It consists of 19 movements and one pose performed in repetitions making it easy to learn. The movements are endorsed by the Arthritis Foundation to assist with pain, stress management, and ease of movement.

**Grit**- Get ready to add HIIT workouts to your life and take your fitness to the next level. You'll be addicted to the results. These HIIT workouts build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn. \$15 a month

**HIIT Circuit**- This class will shape and tone your entire body with the science of High Intensity Interval Training. The workout is set up in short timed circuits allowing you to push your max effort.

**Vinyasa Yoga** - Fluid yoga with a purpose of creating a deeper sense of awareness of your body and opening up

**Kettlebell** - Kettlebell exercises build strength and endurance, particularly in the lower back, legs, and shoulders.

**Kickboxing** - A class that packs a punch! Use martial arts and boxing fundamentals for a heart-pumping workout. Learn safe ways to execute kicks and punches. Gloves and wraps are required

**Pilates** - Want to increase your flexibility and develop elongated muscle tone? Try this popular mat exercise regimen. Use special techniques to emphasize flexibility and core strength. This is a great way to build overall body strength, enhance athletic performance, and relieve back pain.

**Spin** - Provides a fun and challenging cardiovascular workout for fitness levels. Experience a full ride of hills, sprints and endurance intervals with energizing music and motivational instruction. Spinning will enhance your speed, strength and stamina, improve your overall physical health and increase your caloric burn. Cardiovascular training such as spinning reduces symptoms of stress, depression, anxiety and insomnia.

**TRX** - Suspension training using your own body weight to experience a total body functional workout! Every movement in this class requires you to use your core!

**Yoga** - Relax your spirit, mind, and body. This class is designed to increase flexibility by lengthening muscles and restore a positive mind/body balance. Reduce stress with less muscle tension.

**Zumba** - Fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away.