



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING 2018 FITNESS SCHEDULE

Director:
Drew Earls

Main Fitness Schedule-
Spring 2018
Schedule effective:
4/02/2018

***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

**DOWNLOAD
THE MOBILE
APP TO
ACCESS OUR
POOL
SCHEDULE**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:15 am <u>BodyPump* #2</u>	5:15-6 am Kettlebell #2	5:15-6:15 am <u>BodyPump* #2</u>	5:15-6 am Kettlebell #2	5:15-6 am Kettlebell #2	5:15-6:15 am <u>BodyPump* #2</u>		
		6-6:45am Spin #1		6-6:45am 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 Yoga #3	8-9 am Body Sculpt #2 Pilates #3		
		8:30-9:30 Kickboxing #4 <u>GRIT Strength #2</u>		8:30-9:30am Kickboxing #4 <u>GRIT Strength #2</u>			
9-10 am Boot Camp #2 9-9:45am Spin #1		9-10 am Boot Camp #2 9-9:45am Spin #1	9-10 am Boot Camp #2 9-9:45am Spin #1		9-10 am Boot Camp #2 9-9:45am Spin #1	9-9:30am <u>GRIT Strength #2</u> 9-10 am Kickboxing #4	
10:15am-10:45am BARRE #3	9:15-10:15 am <u>BodyPump* #2</u>	10:15am-10:45am BARRE #3	9:15-10:15 am <u>BodyPump* #2</u>				3pm-4pm Functional Movement
4pm-4:45pm Y Dance #3	4pm-5pm Y-BLAST #4	4pm-4:45pm Y Dance #3	4pm-5pm Y-BLAST #4 Y Dance #3				
4:30pm-5pm <u>GRIT Cardio #1</u>	4:30-5:30 <u>BodyPump* #2</u>	4:30-5:00 pm <u>GRIT Strength #2</u>	4:30-5:30 <u>BodyPump* #2</u>	4:30-5:00 pm <u>GRIT Plyo #2</u>	10-11 am <u>BodyPump* #2</u>		
4:30pm-5:30pm Tabata & Core #2				5:00pm-6:15pm HHST Dryland #2			
5:00-6:00 pm Kickboxing #4				5:00-6:00 pm Kickboxing #4			
5:15-5:45pm Barre #3		5:15-5:45pm Barre #3					
5:30-6:15pm Spin #1	5:30-6:15pm Spin #1	5:30-6:30 Zumba #2 5:30-6:15pm Spin #1	5:30-6:15pm Spin #1				
5:45-6:15pm <u>GRIT Strength #2</u> HHST #3		5:45pm-6:15pm <u>GRIT Cardio #4</u>					
6:30-7:30 pm TRX MIX #4 Zumba #2	5:45pm-6:45pm <u>BodyPump #2</u>	6:30pm-7:30pm TRX MIX #4	5:45pm-6:45pm <u>BodyPump #2</u>				



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CLASS DESCRIPTIONS

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!

Functional Movement - This class involves pushing, pulling, crawling, jumping, punching, kicking, and sprinting. This class will help your strength, mobility, balance, and coordination.

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

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.

Tabata & Core (HIIT)- 8 rounds of HIGH INTENSE Exercises. 20 seconds on, 10 seconds off intervals. Tacking on core exercise at the end to shape, tone and strengthen your midsection.

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!

Vinyasa Yoga - Fluid yoga with a purpose of creating a deeper sense of awareness of your body and opening up body to a broader range of motion.

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.