



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SUMMER 2017 FITNESS SCHEDULE

**Director:**  
**Drew Earls**

Main Fitness Schedule-  
Summer 2017  
Schedule effective:  
7/01 /2017

**Monday**                      **Tuesday**                      **Wednesday**                      **Thursday**                      **Friday**                      **Saturday**                      **Sunday**

5:15-6:15 am BodyPump\* #2                      5:15-6 am GRIT Cardio #1                      5:15-6:15 am BodyPump\* #2                      5:15-6 am GRIT Cardio #1                      5:15-6:15 am BodyPump\* #2

6am-6:45pm Kettlebell #2                      6am-6:45pm Kettlebell #2

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

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

BODYPUMP & GRIT:  
FIRST CLASS IS FREE!

Per class fee \$5  
Monthly Fee \$15 per program  
Monthly Fee \$25 for both BodyPump and GRIT together.

9-10 am Boot Camp #2

8:30-9:30 Kickboxing #4 GRIT Strength #2

8:30-9:30am Kickboxing #4 GRIT Strength #2

9-10 am Boot Camp #2

9-9:30am GRIT Strength #2  
9-10 am Kickboxing #4

10:15am-10:45am BARRE #3

9:15-10:15 am BodyPump\* #2

10:15am-10:45am BARRE #3

9:15-10:15 am BodyPump\* #2

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

12:15-12:45pm GRIT Strength #2

12:15-12:45pm GRIT Cardio #2

Class Locations:

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

4:30pm-5pm GRIT Cardio #1  
4:30-5:30 pm HIIT Circuit #2

4:30-5:30 BodyPump\* #2

4:30-5:00 pm GRIT Strength #2

4:30-5:30 BodyPump\* #2  
Vinyasa Yoga #3

4:30-5:00 pm GRIT Plyo #2

10-11 am BodyPump\* #2

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

5:45-6:30pm GRIT Strength #2  
HHST #3

5:45-6:15pm GRIT Cardio #4

5:45-6:15pm GRIT Cardio #2

6:30-7:30 pm ZUMBA #2 TRX MIX #4

6:30 pm-7:30 p BodyPump #2

6:30pm-7:30pm TRX MIX #4

6:30 pm-7:30pm BodyPump #2



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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!

**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 body to a broader range of motion.

**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.

**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.