

# SUMMER SCHEDULE

|    | MONDAY                              | TUESDAY                        | WEDNESDAY                  | THURSDAY                    | FRIDAY                               | SATURDAY | SUNDAY                                      |
|----|-------------------------------------|--------------------------------|----------------------------|-----------------------------|--------------------------------------|----------|---|
| AM | 8:00 Power Express<br>Marcy / Irene | 6:15 Spin On<br>Lew            | 10:30 Barre Blend<br>Diane | 6:15 Spin On<br>Lew         | 8:30 TNT<br>(Tighten & Tone)<br>Gina |          | 9:00 Spin On<br>Lew                         |
| AM | 9:30 S.S. Classic<br>Dawn           | 8:00 Total Body Shred<br>Irene | 10:30 S.S. Classic<br>Dawn | 9:30 Zumba Gold<br>Sylvia   | 10:30 S.S. Classic<br>Gina           |          |   |
| AM |                                     | 9:00 Zumba<br>Renee            |                            | 10:30 Vinyasa Flow<br>Diane |                                      |          |   |
| AM |                                     | 9:30 Spin & Core<br>Diane      |                            |                             |                                      |          |   |
| AM |                                     |                                |                            |                             |                                      |          |   |
| AM |                                     |                                |                            |                             |                                      |          |   |
| AM |                                     |                                |                            |                             |                                      |          |   |
| PM |                                     |                                | □                          |                             |                                      |          | <b><i>STUDIO<br/>CODE</i></b>               |
| PM |                                     |                                |                            |                             |                                      |          | <b><i>MAIN LEVEL<br/>STUDIO</i></b>         |
| PM |                                     |                                |                            |                             |                                      |          | <b><i>UPPER LEVEL<br/>STUDIO</i></b>        |
| PM |                                     |                                |                            |                             |                                      |          | <b><i>PILATES &amp;<br/>SPIN STUDIO</i></b> |
| PM |                                     |                                |                            |                             |                                      |          | <b><i>Lower Level<br/>STUDIO</i></b>        |
|    | \$\$ The SMAC ZONE<br>Coming Soon   |                                |                            |                             |                                      |          | <b><i>UPPER LEVEL<br/>STUDIO</i></b>        |

**Effective August 1,2020**

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## YOGA

**ASHTANGA** - Synchronizing breath with progressive series of postures, intense heat, purifying sweat, detoxifies muscles and organs.

**CANDLE LITE**- Relax, unwind, and take your mind to another level. This class incorporates breathing techniques, visualization, meditation, postures, and stretching with a true understanding of yoga

**CHAIR**- Restorative and supported

**HATHA** - Good place to start, slower paced emphasis on doing each asana correctly, increased flexibility enhanced breathing, and stress reduction

**VINYASA** - A flowing style of yoga linking breath with movement to cultivate a stronger mind/body connection.

**ZUMBA**-It's the type of exercise you want to do every day and feel good doing it. Easy to follow (Hypnotic Latin rhythmic) moves that are dynamic, exciting, and effective for everyone.

**Strong By Zumba** - No it's not a dance class. It's an interval intensity style H.I.I.T. program. Lunges, Jump rope, kickboxing through the entire high intensity workout.

**Body Shred**- 30 Minute Total Body Workout  
Want to shred? 4 circuit consisting of strength, Cardio, and core High intensity and endurance based. Be on time. Once class begins doors are shut til the end of class. All levels of fitness.

## Reformer (\$) (Requires a Class Pass)

Experience the Pilates Reformer machine, A piece of equipment that provides resistance with a series of springs and ropes. It will improve strength, coordination, Flexibility, balance, and stability. An efficient total body workout in a small group setting.

## MUSCLE BLAST

Keep your muscles guessing—With total body part blasts! Instructor led class, teaching you the correct way to truly isolate and work your muscles to get the results you want.

## XTX (\$) (Requires Class Pass)

Functional training at its best! Amazing classes, customized with a variety of options such as TRX, Kettle Bells, Slam Balls, Pull-Up Bars, and so much more for strength, cardio and plyometric abilities.

## TNT - (Tighten & Tone)

A heart pumping, fat burning cardio blast of fun! Combination class of Cardio and Muscle Motion for all levels.

**Butts & Guts**— Train & Tighten all regions of the lower body & core with toning.-with focus on the Abs, glutes, Legs, and lower back-weight & body Resistance.

## Form To Fitness - January 2020

This is a 4 week complimentary class.

February Paid Class. \$

That will help you with form to get better results Each week will be a different muscle group that will be addressed( 30 Minutes )

## SPIN (Spin on, Spin Fusion, Spin & Core, Power spin, S.M.A.C. (Spin, Muscle, and Core)

Get into the Zone! Non—impact indoor cycle class. Heart rate monitors are suggested. Great efficient workout, for cross trainers and beginners. Super cardio cycling experience energized with fun music, peaked by instructors and riders.

## BODY SHOCK-BARBELL CLASS

This addictive total body barbell class is designed to challenge all your major muscle groups with exercises such as squats, presses, curls, and more. Using light to moderate adjustable plates and high repetition this class will shock your body into a lean ,fat burning machine. Get fast results and have fun while doing it. Bring water, towel and lots of energy.

## BARRE BLEND

This exhilarating class will give you the long lean muscles of a dancer by toning your seat, abs and arms while it strengthens your legs and core. Highly effective exercises are performed at the barre and on the floor, taking your muscles to the point of fatigue. Each strength section is followed by a stretching interval. 45 minutes.

## MEDITATION

There are many Science - backed benefits of meditation including, reduced stress and anxiety, improved focus and the reduction in age - related memory loss. Please join us for a guided MEDITATION THE FIRST FRIDAY OF EACH MONTH AT 10:00 AM TO APPROXIMATELY 10:20. Please bring a pillow or blanket to sit on.

## Dancein2shape

Dancein2shape is a fun, motivational, energetic, dance-based cardio class for the upper and lower body. The program is designed to sculpt your entire body from head to toe. Using Light & Heavy weights, we work on strengthening the entire body defining every muscle to make you feel and look Great!! This mixed-paced fat burning class is perfect for everyone.