

Program Schedule



July 30-Aug 5 2018

Monday				Tuesday				Wednesday				Thursday			
Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C
Total Body HIIT 6:05-6:50 Bobi			Spin 6:15-7:15 Bill								Spin 6:15-7:15 Marie sub	Total Body HIIT 6:05-6:50 Bobi			
	Classic Cardio 9:30-10:30 Zena	private training* 10-10:55 Ocean			Body Sculpt 9:30-10:30 Zena				Cardio Mix 9:30-10:30 Zena	private training* 9:40-10:35 Ocean			private training* 10:30-11:25 Ocean		
Body Sculpt 12:05-12:55 Zena					private training* 12:30-1:25 Ocean				private training* 12-12:55 Susan						Spin 12:10-12:50 Leanna
Heart for Life* 6-7:30 Zena	Zumba 6:30-7:30 Tina			Classic Cardio 5:30-6:30 Adele	Strong by Zumba 6:45-7:45 Tina			Heart for Life* 6-7:30 Sonja							
cleaning 7:30-8				cleaning 8-9				cleaning 8:30-9				cleaning 8-9			

Friday				Saturday				Sunday				DROP-IN CLASS DESCRIPTIONS	
Com. Rm.	St. A	St. B	St. C	Com. Rm.	St. A	St. B	St. C	Com. Rm.	St. A	St. B	St. C		
			Spin 6:15-7:15 Bill										<p>Total Body HIIT/Bootcamp: An action packed fitness class filled with High Intensity Interval Training designed to challenge your body, burn fat and build lean muscle.</p> <p>Cardio Mix/Classic Cardio: Back to the basics with all the fun and fabulous music and moves that you love including the occasional Zumba flare.</p> <p>More Core: A focus on core strengthening for an energy packed workout that will leave you feeling fit and functional.</p> <p>Drop in Yoga: Introductory Yoga good for those who want flexibility and relaxation.</p> <p>Body Sculpt: Abs, Legs and More with a new attitude - using tubing, weights, bars, balls, balance boards, and more.</p> <p>Strong by Zumba: Latin-inspired strength class with easy to follow moves.</p> <p>Zumba/Zumfit: Fun, effective, easy to follow, Latin-inspired, calorie burning dance fitness party!</p> <p>Body Works: Fun filled class which challenges cardiovascular, strength and flexibility.</p> <p>Pound: A cardio jam session inspired by the energizing and sweaty fun of playing the drums.</p> <p>Spin: If you are new to spin, please arrive early to be sized for your bike. Spin classes do not require bike reservation. Arrive early to secure your bike.</p> <p>Ask for more details on registered classes.</p>
	Body Sculpt 9:30-10:30 Zena	private training* 10:30-11:25 Ocean			Zumba 10:30-11:30 Tina				Classic Cardio 10-11 Zena				
More Core 12:05-12:55 Rick													
cleaning 6:30-7:30				cleaning 6-7					Fitness in Chinese* 4-4:55 Jason	Dropin Yoga 4-4:55 Stefanie B			

Com. Rm.=Community Room
St. A=Studio A
St. B=Studio B
St. C=Studio C

Schedule Subject to Change- See front desk for up to date schedule
*requires registration and may have an additional class fee
^indicates Women's only classes

