








& **SCHEDULE**

UPDATED
 03/11/20

	MON	TUES	WED	THUR	FRI	SAT	SUN
9AM	VINYASA YOGA JAMES	VINYASA YOGA RISA	YIN/YANG YOGA JIM	YOGA FUSION ERIN	ZUMBA TONING ROSA	ZUMBA DEBBIE	
10AM	ZUMBA RLYNN		ZUMBA RLYNN			VINYASA YOGA ALENA	VINYASA YOGA JAMES
10AM						BOOTCAMP	
11AM							BOOTCAMP
5PM		ZUMBA MEI		ZUMBA MEI			
5:30 PM							STUDIO KEY  Life Fitness Machines
6PM	MIXXEDFIT STEPH		MIXXEDFIT DESHEINA		ZUMBA ANGEL		GROUP X STUDIO
7PM	ZUMBA CHRISTINE	VINYASA YOGA ALENA	ZUMBA CHRISTINE	VINYASA YOGA ALENA			YOGA STUDIO

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CLASS DESCRIPTIONS

BOOTCAMP • Improve your cardiovascular strength and endurance with this total-body, military-style workout packed with high intensity moves targeting every muscle group.

DANCE PARTY • Listen to top 40's music with low and high impact moves for the sass at heart. For all levels and if you love to dance while you burn calories you will love this class!

HEART RATE TRAINING (HRT) • Heart Rate Training is a 30-minute class designed to take all of the guesswork out of your routine. This is a trainer led workout guiding you through 20 different exercises while monitoring your heart rate to keep you in your optimal fat burning or cardio zone. No matter your fitness level, this class will surely get your heart rate elevated and the results you are looking for. Combining resistance training with an increased heart rate is one of the quickest ways to burn more calories and maintain your results for life!

MIXXEDFIT® • People-inspired fitness program that combines explosive dance movements with bodyweight toning.

POWER VINYASA YOGA • Focused on the flow between postures, Power Yoga strengthens and tones the bigger muscles of the body. Challenge your balance and build the stabilizing muscles of the core

ZUMBA TONING® • Combines targeted body-sculpting exercises and high intensity cardio work with Latin-infused Zumba moves to create a calorie torching, strength training dance fitness party. Using Zumba toning sticks or light weight dumbbells, you'll work every muscle group while you groove.

VINYASA YOGA • Movement is coordinated to the breath in a sequence of poses. A more fluid approach to yoga with smooth transitions and intentional breathing.

YIN YANG YOGA • Yin Yang Yoga blends two styles of yoga into one practice - bringing together the benefits of passively holding yoga poses with more dynamic sequences and standing postures.

ZUMBA® • A fusion of Latin and International music-dance routines that feature interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning.

ZUMBA GOLD® • Zumba class that recreates the original moves at a lower intensity. Easy-to-follow choreography that focuses on balance, range of motion, and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.

SPIN • Torch calories with high-energy indoor cycling. Use the pedal speed, resistance, and body positions to imitate climbing hills, sprints, or coasting. Arrive early to set up your bike.

YOGA FUSION • This class will be a fusion style class, bringing work and rest together. Whether you are a beginner in yoga or a seasoned practitioner, this is a great space to practice at any level.