

# Group Fitness Classes

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
| <b>Morning Classes</b>                              |   |  |   |   |
| 5:30 AM -6:30 AM<br><b>Manic Monday</b><br>Shawn    | 5:30 AM -6:30 AM<br><b>Turn-Up Tuesday</b><br>Shawn | 5:30 AM -6:30 AM<br><b>Wakeup Wednesday</b><br>Shawn       | 5:30 AM -6:30 AM<br><b>Tabata Thursday</b><br>Shawn |   |
|   | 7:00AM-8:00AM<br><b>Water Aerobics</b><br>Shawn     |  |   |   |
|   |   | 8:30 AM -9:00 AM<br><b>Beginner Line Dance</b><br>Mary Lee |   |   |
|   |   | 9:00 AM -10:00 AM<br><b>Line Dance</b><br>Mary Lee         | 9:00 AM-10:00 AM<br><b>Line Dancing</b><br>Mary Lee |   |
| 11:00 AM -12:00 PM<br><b>Sit &amp; Fit</b><br>Obi   |   | 11:00 AM -12:00 PM<br><b>Sit &amp; Fit</b><br>Bruno        |   | 11:00 AM -12:00 PM<br><b>Sit &amp; Fit</b><br>Shawn |
| <b>Evening Classes</b>                              |   |  |   |   |
| 4:00 PM -5:00 PM<br><b>Line Dancing</b><br>Mary Lee |   |  |   |   |
|   |   | 4:30 PM -5:30 PM<br><b>Let's Ride</b><br>Brittany          |   |   |
| 5:30 PM -6:00 PM<br><b>Mix It Up Monday</b><br>Obi  |   |  | 5:30 PM -6:00 PM<br><b>Squat With Curls</b><br>Obi  |   |
| 6:00 PM -6:30 PM<br><b>Core Crusher</b><br>Bruno    | 5:30 PM -6:00 PM<br><b>Booty Camp</b><br>Obi        | 5:30 PM -6:30 PM<br><b>Let's Ride</b><br>Brittany          | 6:00 PM -6:30 PM<br><b>HIIT</b><br>Bruno            |   |
| 6:30 PM -7:00 PM<br><b>TNT</b><br>Bruno             | 6:00 PM -7:00 PM<br><b>Spartan</b><br>Bruno         | 6:30 PM -7:00 PM<br><b>Six Pack Attack</b><br>Bruno        | 6:30 PM -7:00 PM<br><b>Stretch It Out</b><br>Obi    |   |

\*Check us out on Facebook for online classes\*

\*\* All outdoor classes are contingent on the weather\*\*

\*\*\* Spots are limited for Let's Ride. Call 521-4777 to reserve your spot in a class\*\*\*

### Key

Booty Camp- Lower Body Strength Training

Core Crusher- Core

HIIT- High Intensity Interval Training

Let's Ride-Stationary Cycling

Manic Monday-Total Body

Mix It Up Monday- Various Cardio Training

Sit N' Fit-Chair Aerobics

Six Pack Attack-Core

Spartan-Full Body

Squat with Curls- Beginners Class

Stretch It Out- Stretching & Mobility

Tabata Thursday- Total Body

TNT- Upper Body Strength Training

Turn up Tuesday- Total Body

Wakeup Wednesday-Total Body

Water Aerobics- Water Exercise