



JULY



AEROBICS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>1100-1130</u> Ab Attack 20 Donna	<u>0630-0730</u> Cardio Weight Training Kathie	<u>0900-1000</u> Power Hour Shaye	<u>0630-0730</u> Cardio Weight Training Kathie	
<u>1130-1230</u> Zumba Donna	<u>0800-0900</u> Hatha Yoga Kathie	<u>1100-1130</u> Ab Attack 20 Donna	<u>0800-0900</u> Hatha Yoga Kathie	<u>1000-1100</u> Pilates Lucy
<u>1630-1730</u> Cycle Bootcamp Mel	<u>0900-1000</u> HIIT Body Shaye	<u>1130-1230</u> Zumba Donna	<u>0900-1000</u> HIIT Body Shaye	
	<u>1630-1730</u> Cycle Bootcamp Mel		<u>1630-1730:</u> Cycle Bootcamp Mel	

Ab Attack 20 Exercising muscles around the core, provides the vital ingredient for a stronger body. A strong core will help you move better, improve your balance and stability, reduce your risk of injury, increase your power output, and improve your athletic performance! By focusing on your abdominal muscles, hips, glutes and back, this focused 20-minute class is a must for any cyclist, runner, or fitness enthusiast needing to strengthen the stabilizer muscles.

Cardio Weight Training —A rigorous full-body workout that gets your heart pumping and muscles moving. This class combines a cardio bases routine with targeted strength exercises. Class may incorporate props for a more intense strength workout.

Cycle Bootcamp A high energy cycling class that's fun, energetic, and a great combination of strength and cardio. Going at a comfortable pace, but feeling motivated by high energy music, your instructor and peers, you'll experience a highly efficient, total body workout.

Hatha Yoga —A beginner yoga class that focuses on the foundation as well as alignment and breathing with each pose. You will leave feeling stronger, rejuvenated and balanced in mind, body and spirit.

HIIT Body Expect a sweaty good time! "High Intensity Interval Training" is a type of interval training which combines short periods of explosive aerobic and strength activity with brief recovery. Designed to kick your fitness up a notch, come find out why HIIT is considered one of the most effective formats out there!

Pilates — Total body conditioning that focuses on aligning the spine and strengthening the core. This class helps improve posture, flexibility, balance and body awareness while making the body more efficient and less prone to injury.

Power Hour 1-hr filled with total-body conditioning and motivational support! This class is designed to build strength, endurance, speed, and help you power through your fitness and life's everyday demands. Suited for all levels.

Zumba —Dance class features high- and low-intensity intervals that help improve cardiovascular fitness while also enhancing balance, coordination, agility, and to some degree, strength.

ALL AEROBIC AND GROUP CLASSES TAKE PRECEDENCE IN THE AEROBICS ROOM

Hours: 0430-2130 Mon-Fri Closed: Sat, Sun, Holidays, and Family Days

