



# CLASS SCHEDULE 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			6:30am - 7:30am <a href="#">Carla's Zoom HIIT</a> Carla		6:30am - 7:30am <a href="#">Carla's Zoom HIIT</a> Carla	
		8:00am - 9:00am <a href="#">Vinyasa Yoga</a> Renee		8:00am - 9:00am <a href="#">Vinyasa Yoga</a> Eileen		
	June 6, 15 & 29 9:00am—10:00am <a href="#">Vinyasa Yoga</a> Gina		9:00am - 10:00am <a href="#">Muscle Isolation</a> Marci	9:00am - 10:00am <a href="#">Pound</a> Julie	9:30am - 10:30am <a href="#">Hit and Run</a> Suzanne	9:00am - 10:00am <a href="#">Turbo Kick</a> Jodi
10:30am - 11:30am <a href="#">Pound</a> Julie	June 8,22 & July 6 12:00pm—1:00pm <a href="#">Vinyasa Yoga</a> Gina					10:00am - 11:00am <a href="#">Vinyasa Yoga</a> Renee
	5:00pm - 5:40pm <a href="#">Tabata</a> Battina	5:30pm - 6:10pm <a href="#">Muscle Strength</a> <a href="#">Compound vs. Isolation</a> Janice	5:00pm - 6:00pm <a href="#">Turbo Kick</a> Jodi	5:00pm - 6:00pm <a href="#">Muscle Isolation</a> Marci	4:00pm - 5:00pm <a href="#">Yoga</a> Gail	

**Tabata** ■ A high intensity class, with timed-interval training. An amazing fat burning workout. This class will push you hard and take you to the next fitness level.

**HIIT and Run** ■ This total body workout will build strength and endurance for your whole body. You will be utilizing equipment such as body bars, kettlebells, gliders, dumbbells resistance bands and stability balls. Increase your fitness and hit your highest potential! This class is for all fitness levels.

**Carla's Zoom HIIT** ■ This is a total-body cardio and strength training class that uses body weight as well as dumbbells and resistance tubing. The class structure is designed to “keep the body guessing” as to what comes next, therefore creating continual adaptation and fitness improvements.

**Pound** Channel your inner “rock star” with this full-body cardio jam session inspired by the infectious, energizing and sweat dripping fun of playing the drums! Pound combines cardio, conditioning and strength training with yoga and Pilates inspired movements. The workout is easily modifiable so all levels of fitness are encouraged to join in.

**Yoga** Move slowly into basic yoga poses while using the breath as a tool to remain present and mindful. Increase flexibility and strength while creating calm and ease in body and mind. Ideal for those new to yoga and for the experienced student seeking a slower more mindful practice. Suitable for all levels of ability.

**Muscle Isolation** This class targets different parts of the body each week. You'll zero in on specific muscle groups to shape your body and build strength.

**Turbo Kick** ■ Shadow boxing, kickboxing, sports drills, yoga and martial arts are combined to give you a heart-pumping cardio blast!

## Muscle Strength Compound vs. Isolation

This is a total-body cardio and strength training class that uses body weight as well as dumbbells and resistance tubing. The class structure is designed to “keep the body guessing” as to what comes next, therefore creating continual adaptation and fitness improvements