



# Group Class Schedule

Effective: 01/14/2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:30am Muscle Burn Lydia	5:30 - 6:30 am <b>SPINNING</b> Darlene	5:30 - 6:30am Muscle Burn Lydia	5:30 - 6:30 am <b>SPINNING</b> Darlene	5:30 - 6:30am <b>Pilates</b> Lydia	8:15 - 9:15 am <b>SPINNING</b> Orlando	
9:00 - 9:55 am <b>SPINNING</b> Orlando					9:30 - 10:30am <b>Pilates</b> Orlando	8:30 - 9:30 am <b>Aerobic Interval</b> Verna
Noon - 1 pm <b>SPINNING</b> Jeff	Noon-1pm <b>Pilates</b> Orlando	Noon - 1 pm <b>SPINNING</b> Jeff	Noon-1pm <b>Pilates</b> Orlando	Noon - 1 pm <b>Chisel'd</b> Verna	<p><b>DROP-INS NOW WELCOME!</b>            Basic Members: \$5            VIP/VIP+ Guests: \$5            Non-member/guest: \$10</p>	
		4:20 - 5:20pm <b>True Body Tone</b> Orlando				
5:30 - 6:30 pm <b>POUND</b> Ashley	5:30 - 6:30 pm <b>SPINNING</b> Orlando	5:30 - 6:30 pm <b>SPINNING</b> Orlando	5:30 - 6:30 pm <b>SPINNING</b> Orlando	5:45 - 6:45 pm <b>ZUMBA</b> Delia		
7:30 -8:30 pm <b>ZUMBA</b> Delia	6:40 - 7:30 pm <b>BOOT CAMP</b> PEAK PERFORMANCE	6:40 - 7:40 pm <b>ZUMBA</b> Delia	6:40 - 7:30 pm <b>BOOT CAMP</b> PEAK PERFORMANCE			

**SPINNING** - Johnny G's internationally acclaimed indoor cycling programs burns fat, improves heart and lung function and is really fun! All levels are welcome. The class is self paced.

**ZUMBA** - Latin inspired cardio dance that feels more like a party than a work out. Anyone can Zumba. Join the party.

**INTERVAL AEROBICS** - Traditional aerobics offering bouts of both aerobic and anaerobic conditioning make this class an ideal cross-trainer.

**CHISEL'D**- A strength training class to develop muscular strength and endurance, bone mass and fat-burning metabolism. Novice through experienced exercisers mix well in this self-paced workout. Movements are safe, fun and easy to follow. Please if attending your first class, arrive at least 5 minutes early so instructor can help you with weight selection and set up

**BOOTCAMP**- High intensity interval training (HIIT) class for all fitness levels, ranging from novice to advanced. Intervals of 30 -45 seconds per exercise at your own pace. Come join in on the music and have a great workout!