



Group Class Schedule

Effective: 4/24/2018

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

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!