



Group Class Schedule

Effective: 11/08/2018

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-1pm Pilates Orlando	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 PEAK PERFORMANCE	6:40 - 7:40 pm ZUMBA Delia	6:40 - 7:30 pm BOOT CAMP 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!