



# Sparks Group Class Schedule

(Effective: 09/12/2016)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 - 10:20 am <b>BOOT CAMP</b> Connor	10:00- 10:50 am <b>Muscle Burn</b> Sara		9:30 - 10:20 am <b>BOOT CAMP</b> Connor	9:30 - 10:20 am <b>ZUMBA</b> Jeff	9:00 - 9:50 am <b>Yogilates</b> Katrina	09:00 - 10:00am <b>ZUMBA</b> Jeff
					10:00 - 11:00am <b>ZUMBA</b> Harlan	
					<p><b>DROP-INS NOW WELCOME!</b>            Basic/ VIP Members: \$5            VIP/VIP+ Guests: \$5            Non-member/guest: \$10</p>	
5:30 - 6:20 pm <b>ZUMBA</b> Patty	5:30 - 6:20 pm <b>Yoga</b> Victoria	5:30 - 6:20 pm <b>ZUMBA</b> Jennifer	5:30 - 6:20 pm <b>ZUMBA</b> Jennifer	5:30 - 6:20 pm <b>ZUMBA</b> Maricella		
	7:00 - 7:50 pm <b>ZUMBA</b> MJ					

**Unlimited classes are FREE with our VIP+ membership! Ask the front desk how to upgrade your membership today!**



## Sparks Group Fitness Class Descriptions

1575 E Lincoln Way · Sparks, NV · 89434 · (775) 352-8663

**BOOT CAMP:** This is a group exercise class that mixes traditional calisthenic and body weight exercises with interval and strength training. Classes are designed to push you harder than you would push yourself and in a way that resembles a military boot camp.

**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. If attending your first class, please arrive at least 5 minutes early so the instructor can help you with weight selection and set up.

**YOGILATES:** Combines movements inspired by Pilates and Yoga. The style draws upon shared characteristics between Pilates and Hatha yoga, such as their focus on breathing, flexibility, and building strength with fluid movements. A typical routine starts with a warm up of Pilates exercises and progresses to a series of poses similar to those practiced in Hatha yoga.

**CARDIO KICKBOXING:** A cardiovascular workout consisting of jabs, kicks, weights, and added calisthenics. This class is designed to get you on your way to a leaner body and a healthier state of mind. No equipment is used and gloves are not required. Working hard never felt so good!

**YOGA:** This class is the instructor's choice, and will change from different practices. Combining stretching, strengthening moves, and basic calisthenics-type exercises, Yoga offers continuous movement from one position to the next, creating an effective aerobic workout for beginners and experts alike.

**ZUMBA:** A fitness program consisting of short dance and aerobic exercise routines performed in our Group Exercise Studio. Zumba involves dance and aerobic elements. Zumba's choreography incorporates Hip-hop, Soca, Samba, Salsa, Merengue, Mambo, Martial Arts, and some Bollywood.

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