



December 2017

Group Fitness Class Schedule*

<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>
11/26	11/27	11/28	11/29	11/30	12/1	12/2
						9:00 AM Circuit/Step <i>Diana</i>
	6:00 PM Yoga <i>Laura</i>	6:30 PM Yoga <i>Liana</i>	6:00 PM Insanity® Live <i>Kristina</i>	6:30 PM Yoga <i>Liana</i>		
	7:05 PM Step <i>Diana</i>		7:05 PM Circuit/Step <i>Diana</i>			
12/3	12/4	12/5	12/6	12/7	12/8	12/9
						9:00 AM Insanity® Live <i>Kristina</i>
	6:00 PM Yoga <i>Laura</i>	6:30 PM Yoga <i>Liana</i>	6:00 PM Insanity® Live <i>Kristina</i>	6:30 PM Yoga <i>Liana</i>		
	7:05 PM Step <i>Diana</i>		7:05 PM Circuit/Step <i>Diana</i>			
12/10	12/11	12/12	12/13	12/14	12/15	12/16
						9:00 AM Circuit/Step <i>Diana</i>
	6:00 PM Yoga <i>Laura</i>	6:30 PM Yoga <i>Liana</i>	6:00 PM Insanity® Live <i>Kristina</i>	6:30 PM Yoga <i>Liana</i>		
	7:05 PM Step <i>Diana</i>		7:05 PM Circuit/Step <i>Diana</i>			
12/17	12/18	12/19	12/20	12/21	12/22	12/23
						9:00 AM Insanity® Live <i>Kristina</i>
	6:00 PM Yoga <i>Laura</i>	6:30 PM Yoga <i>Liana</i>	6:00 PM Insanity® Live <i>Kristina</i>	6:30 PM Yoga <i>Liana</i>		
	7:05 PM Step <i>Diana</i>		7:05 PM Circuit/Step <i>Diana</i>			
12/24	12/25	12/26	12/27	12/28	12/29	12/30
						9:00 AM Circuit/Step <i>Diana</i>
	<u>UNSTAFFED</u> for Christmas	6:30 PM Yoga <i>Liana</i>	6:00 PM Insanity® Live <i>Kristina</i>	6:30 PM Yoga <i>Liana</i>		
			7:05 PM Circuit/Step <i>Diana</i>			

Always work at your fitness level!

Class descriptions are on back



CIRCUIT/STEP CLASS – A cardio/resistance class consisting of any or ALL of the following: low impact floor aerobics, low impact step aerobics, resist-a-ball, resist-a-bands, weight resistance training (dumbbells), toning exercises, abdominal exercises and lots more!!! You never know what you'll get....but you will have FUN! (60 minutes)

INSANITY® LIVE - is a group-focused athletic training, cardio conditioning, and total-body strength drills, designed for people of all levels. The moves are easy to follow- but the workout WILL challenge you, change you, and get you in the best shape of your life. So as you're giving it your all, just when you feel like your body is about to max out on certain movements, you're saved by the bell and it's time for the next block of moves. Plus, moves can always be modified so you can work up to your own best limit. It's all about letting go of your excuses, your limits, and everything that holds you back- challenging yourself to Dig Deep. (55-60 minutes)

STEP – Step aerobic class includes a warm up phase of light stretching and pre-cardio preparation. The aerobic phase works 60-85% of the maximum heart rate capacity and last a total of 20-30 minutes, strengthening and resistance phase, strengthens muscles through repetitive contractions and increases endurance. The cool down phase includes lower intensity exercise to lower the heart rate and concluded with abdominal work. (60 minutes)

YOGA - All levels welcome to this flowing style of yoga that combines dynamic breathwork, movement and deep holds, with a focus on improving balance, flexibility and strength. Class finishes with a restorative relaxation. Some mats are available, feel free to bring your own mat. (60 minutes)

Instructors will help participants modify class to fit their fitness level.

*** Schedule subject to change without notice.**

** TBD - Regular instructor is unable to teach the class due to a scheduling conflict and a substitute with equal qualifications will be instructing the class.