

# GROUP FITNESS TIMETABLE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODY BURN 6:00AM		TRX 6:00AM		F.I.T 6:00AM	F.I.T 8:30AM	PUMP 8:30AM
POWER YOGA 9:30AM	BODY BURN 9:30AM	YOGALATES 9:30AM	PUMP 9:30AM	TRX 9:30AM	FIT HOP 9:30AM	RELAX YOGA 9:30AM
BODY BURN 12:15PM		TRX 12:15PM		F.I.T 12:15PM	BARRE 10:30AM	
ZUMBA 5:30PM	FLOW YOGA 5:30PM	PUMP 5:30PM	PILATES 5:30PM			
PUMP 6:30PM	TAIBO 6:30PM	POWER PILATES 6:30PM	BODY BURN 6:30PM			

# CLASS DESCRIPTIONS

## F.I.T

A bootcamp style class that incorporates different training techniques with endless variety, to build strength, fitness and stamina.

## FIT HOP

Come bust a move with Fit Hop and be inspired by a great mix of pop, Hip-hop, funk, jazz, Latin and modern dances (and more!) to melt off calories, but have a great time doing it!

## TRX

TRX suspension Training is the original, best in-class workout system that leverages gravity and your body weight to perform exercises that build power and increase strength, flexibility, balance and mobility, all while using your core!



## TAIBO

Is a high energy workout based on shadow-boxing & kicking moves. Get fit, lose weight, tone up and have fun!

## POWER YOGA / FLOW YOGA

Power: A faster paced style yoga, flowing from different postures coordinated with and guided by deliberate breath. a moving meditation that creates strength, flexibility, and fluidity in the body and mind

Flow: A series of postures put together in a flow sequence. A big focus on breathing and self-energy while targeting specific areas of the body

## YOGA RELAX/ YOGALATES

Yoga Relax: Consists of holding postures, breathing & relaxation to enhance flexibility and mental awareness and reduce stress.

Yogalates combines the best aspects of Yoga and Pilates together to stretch, strengthen core, mind and body.

## PILATES/ POWER PILATES

This class is focused on increasing strength and awareness of the core incorporating stability, flexibility & balance.

Power Pilates incorporates the same principles with a high energy. Burn calories while you tone, lengthen and strengthen whole body with a core focus.

## BODY BURN

This high energy class will focus on burning calories and strengthening muscles you never knew you had. Strengthen, tone, and sculpt your entire body while also generating a metabolic effect that will continue to burn fat for hours after the workout.

## PUMP

Get ready to tone those muscles and increase your metabolism with this full-body, resistance training class using barbells.

## BARRE

This Abs, butt and thighs class focuses these problematic ladies areas. ABT involves toning, strengthening and stretching to build a strong core, glutes and curves.

## STEP

A class with a mix of creative routines and a whole lot of rhythm based on and around the step. With intermediate choreography this class is designed to extend your step skills, challenging the mind and body.

## ZUMBA

The class that started the dance-fitness revolution and changed the way we do our cardio. It's fun, effective and best of all, made for everyone.