

GROUP FITNESS TIMETABLE



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------|---------------------|---------------------|---------------------|------------------|-------------------|----------------------|
| BODY BURN 6:00AM | | TRX 6:00AM | | F.I.T 6:00AM | FIT HOP 8:30AM | PUMP 8:30AM |
| POWER YOGA 9:30AM | BODY BURN 9:30AM | YOGALATES 9:30AM | PUMP 9:30AM | TRX 9:30AM | STEP 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 | STEP 5:30PM | PILATES 5:30PM | | | |
| PUMP 6:30PM | TAIBO 6:30PM | BARRE 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/ BARRE

This class is focused on increasing strength and awareness of the core incorporating stability, flexibility & balance. Barre is a workout inspired by elements of ballet, yoga and pilates that is designed to shape and tone the whole body. build core strength and improve posture. This low impact class focuses on breath, posture, core strength and flexibility.

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.

ABT

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.