

GROUP FITNESS TIMETABLE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODY BURN 6:00AM		SUSPENSION 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	SUSPENSION 9:30AM	STEP 9:30AM	RELAX YOGA 9:30AM
F.I.T 12:15PM		SUSPENSION 12:15PM		F.I.T 12:15PM	ABT 10:30Am	
BODY BURN 5:30PM	POWER YOGA 5:30PM	STEP 5:30PM	PILATES 5:30PM			
PUMP 6:30PM	TAIBO 6:30PM	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.

PILATES

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

TAIBO

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

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!

POWER YOGA

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

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.

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.

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.

PUMP

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

YOGA RELAX

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

SUSPENSION

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!

YOGALATES

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