





SPRING GROUP CLASS SCHEDULE Updated 5/3/2012

	Mon	Tues	Wed	Thurs	Fri	Sat
8:30 am						Spinning (Shannon)
9:30 am		Full Body Fusion (Cindy)	Pilates (Mille)	Zumba (Anna) 	Zumba (Anna) 	
10:30 am/ 11:00am			11:00am Boxing (Andrew)			Body Rhythm PLUS (Sam)
1:00 PM		Boxing (Andrew)	Boxing (Andrew)		Boxing (Andrew)	
5:00pm/ 5:30 pm	5:30pm Zumba (Becky) 		Boxing (Andrew) 6:00pm Spinning (Shannon)	5:30 pm Zumba (Becky) 	Boxing (Andrew)	3:00pm CROSS TRAIN (Andrew)
6:00 pm/ 6:30pm	6:30pm Abs N Step Cardio (Sam)	6:30 pm Body Rhythm (Sam)	Kid's Boxing (Andrew)	6:30pm Total Body Conditioning (Sam)	Kid's Boxing (Andrew)	
7:00 pm/ 7:30pm		7:30 pm Boxing (Andrew)				
8:00 pm			CROSS TRAIN (Andrew)			

Zumba - The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®!

Spinning: A great cardio workout using spinning bikes. It's an indoor adventure!

Total Body Conditioning- Conditioning for every muscle in the body, total head to toe toning experience!

Full Body Fusion- A little bit of everything, a creative full body workout!

Body Rhythm (PLUS)- Who says working out isn't fun! Dance the calories away with music of all genres. Involves a full cardio workout and will tone those muscles. PLUS includes weights, dance and basic aerobics.

Boxing: If you want intensity, it doesn't get any better than this. This is an amazing way to learn self defense, lose weight and gain strength FAST! Not to mention have fun too!

CrossTrain: The pinnacle of total body training techniques. The class is an infusion of unorthodox training methods that works your body from head to toe and every muscle in between. Classes incorporate Stroops® conditioning bands, TRX® straps, and other unconventional training techniques. If you want a completely different total body workout then this is the class for you!

**** ALL CLASSES ARE SUBJECT TO CANCELLATION, CHANGE OF INSTRUCTOR AND CHANGE OF CLASS FORMAT, AND 3 People Minimum ****