



| | MON | TUES | WED | THURS | FRI | SAT | SUN |
|--------|--------------------|--------------------|--------------------------|--------------------------|--------------------------|-------|-------|
| 8:30AM | R.E.P.S./Boot Camp | C.A.T./Boot Camp | Step | Zumba | Body Sculpting/Boot Camp | Zumba | |
| 9:00AM | | | | | | | Zumba |
| 9:30AM | Zumba Gold | Yoga | | | | Yoga | |
| 6:00PM | Zumba | Cycle | Zumba | Cross Training/Boot Camp | Zumba | | |
| 7:00PM | Pilates | R.E.P.S./Boot Camp | Body Sculpting/Boot Camp | Cycle | | | |

Step Is a form of exercise that utilizes a platform. The platform is used for patterns of choreography. To increase height, steps are stacked one on top on another. Then a series of floor to foot patterns are preformed, with those that require stepping on and off the platform.

Zumba Is a dance fitness program created by dancer and choreographer Alberto "Beto" Perez in Colombia during the 1990's. The program combines Latin and international music with dance in an effort to make exercise fun. Join the PARTY!!

C.A.T. Complete Aerobic Training is designed to serve as a sampler of our most popular aerobic class formats. C.A.T. builds confidence while grounding you in aerobics fundamentals that you can apply to other classes. The workout consists of step, kickboxing, basic movement patterns, and strength exercises. This class is suitable for all experience levels. Beginners are welcome!

R.E.P.S. Resistance Endurance Physical Strength is a endurance cardio/strength combination class that alternates strength training exercises with step cardio training to sculpt every major muscle group. Guaranteed to get your heart pumping!

Cycle Participants of the cycle class will enjoy an athletic and authentic cycling ride. With inspiring music and great drills, we bring your outdoor cycling experience indoors without the barking dogs! You'll climb hills, pass riders on the flats and maybe even do a few time trials. Get ready to sweat! We bring the workout; you bring the water bottle and the towel.

Pilates If there is one type of exercise style that has taken the fitness world by storm in the last few years it's pilates. Everyone from grandmothers to football players are challenging themselves with this incredible core strengthening "control" method that uses the mind to control the muscles. Pilates exercises teach awareness of the breath and alignment of the spine, and aim to strengthen the deep torso muscles of the spine.

Yoga Many people think yoga is just stretching. But while stretching is certainly involved, yoga is about creating balance in the body through developing both strength and flexibility. This is done through the performance of poses or postures, each of which has specific physical benefits.

Body Sculpting Using weights with resistance training allows the body to train all major muscle groups. An essential to the workout regiment, very important cross training tool.