



GROUP FITNESS SCHEDULE: April 2017
FREE Classes for **MEMBERS ONLY** marked by **\$\$**

*** Classes in **ORANGE** are held at **BATH** Location***

Unlimited Class options and Punch Cards can be purchased at the front desk
 No Classes on **Easter Sunday!!!**

April-2017	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15			Spinning Jenna		\$\$Spinning\$\$ Heather		
7:00-8:00							
7:30-8:30	Body Fusion Haley	Mat Pilates Kelsey		\$\$Mat Pilates\$\$ Kelsey	Body Fusion Haley		
8:30-9:15	Kettlebell Scott						
9:00-10:00						HIIT \$Vinyasa\$ Scott	
9:30-10:15		Butts & Guts Bianca					
10:00-10:45							Spinning Kim
10:30-11:30						Yoga Kelsey	
12:00-1:00		Ladies Learn to Lift- Karen					
2:00-3:00							PIYO Jana
5:15-6:15	Sculpt Amy						
5:30-6:30	\$\$Circuit\$\$ Ryan/Kelly						
5:30-6:30			Pound Karen				
5:45-6:45		\$Zumba\$: Georgia Pound: Karen					
6:30-7:15				Spinning Kim			
6:30-7:30	\$\$Hula Hoop\$\$ Winonna						
7:15-8:15		Kettlebell Sunny	Circuit Ryan & Kelly	Hot Yoga Anna			
7:30-8:15	Spinning Kim						

Body Fusion: A low-impact workout that incorporates ballet-style moves and light weights for a total body tone. These small isometric movements will help sculpt muscles, improve flexibility and balance, and create long lean physiques.

Butts & Guts: In this class you will tone your legs, butt and stomach. Get ready to sweat and use your own body weight while incorporating weights, tubes and more for a great workout.

Circuit: Circuit training is a high volume (repetitions), low resistance (weight) workout with short rest intervals and is geared primarily at improving muscle tone and definition, while improving cardiovascular fitness. **FREE CLASS THIS MONTH ON MONDAY!**

HIIT Vinyasa: High Intensity Interval Training (HIIT) will take your yoga and strength practices to the next level by boosting the intensity with sets of 20 seconds on, ten seconds off intervals. This class integrates vinyasa flow with high energy integral circuits with posture variations uniquely blended for an optimal surge in mind/body integration, metabolism, cardio, and a fresh perspective on your practice. **FREE CLASS THIS MONTH ON SATURDAY!**

Hot Yoga: A multi-disciplinary class which focuses on alignment and breath awareness while moderately flowing from one posture to the next using breath as the vehicle. While Power Yoga may be a more physically challenging class, both Power and Gentle Yoga allows students to flow and focus on their breath while detoxing the body, mind, and spirit.

Hula Hoop Fitness - step out of your ordinary fitness routine and into this innovative hoop fitness-dance class. An adult-sized, slightly weighted hoop, similar to a traditional hula hoop, gets your body moving to better cardiovascular fitness, all-over strengthening and toning and improved balance and coordination. **FREE CLASS THIS MONTH!**

Kettlebell: Kettlebells are some of the most powerful tools for improving your fitness and physique. They combine strength training, mobility, flexibility, and cardiovascular endurance. A total body workout that mixes strength and conditioning training in a fun, high energy express class.

Ladies Learn to Lift - Learn how to navigate the gym floor, dominate the lifts that make you feel like a boss, and master the most effective steps to get you there.

Mat Pilates: This mixed level Pilates mat class focuses on strength, precision, and flow of movement. In this small class setting the teacher will present the exercises at multiple levels which allows student to choose to work at a beginning, intermediate, or advanced pace. Students will learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core. **FREE CLASS THIS MONTH ON THURSDAY!**

PIYO - PIYO is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.

Pound: A full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

Sculpt: Cardio Strength classes incorporate both strength and cardio to help maximize your time while creating an environment that increases your caloric burn and strength. Build strength and endurance and improve your heart and lung health.

Spinning: Indoor cycling provides a fun and challenging cardiovascular workout for all fitness levels. Experience a full ride of hills, sprints and endurance intervals with energizing music and motivational instruction. Spinning will enhance your strength and stamina, improve your overall physical health and increase your caloric burn. **FREE CLASS THIS MONTH ON FRIDAY!**

Zumba - a dance fitness program that incorporates aerobic movements performed to energetic music. The choreography incorporates hip-hop, social, samba, salsa, merengue. **FREE CLASS THIS MONTH!**