



GROUP FITNESS SCHEDULE: June 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

June-2017	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15			\$\$Spinning\$ Jenna				
7:00-8:00							
7:30-8:30		Mat Pilates Aliya		\$\$Mat Pilates\$\$ Aliya			
8:30-9:30						\$\$VFit\$ Tim	
9:30-10:15		Butts & Guts Alicia		Spinning Alicia			
10:00-10:45							Spinning Kim
10:00-11:00						Yoga Teacher Rotation	
12:00-1:00		Ladies Learn to Lift Karen					
2:00-3:00							
5:15-6:15	Sculpt Amy						
5:30-6:30	Circuit Ryan						
5:30-6:30			Pound Karen				
5:45-6:45		\$\$Zumba: Georgia\$ Pound: Karen					
6:30-7:15				Spinning Kim			
6:15-7:15							
6:45-7:45			Circuit Kelly				
7:15-8:15		Kettlebell Sunny		Hot Yoga Anna			
7:30-8:15	Spinning Kim						

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.

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.

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 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!**

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 WEDNESDAY!**

VFit: Take part in our new, fun and fast paced training environment with Velocity. This 60-minute class will give you maximum utilization of time for fast results. Each week incorporates an extreme workout variety of cardio and strength, which is set to be motivating and never boring. Training sessions can be adapted to a variety of fitness levels so that all participants feel capable and comfortable with each weeks training methods. **FREE CLASS THIS MONTH!**

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