



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

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

ALL MONTH LONG: \$5 class drop in for both members and nonmembers!

NOV 11: ALL drop-in \$5 proceeds will go to Team RWB in honor of Veteran's Day!

Nov-2017	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:00	HIIT Alicia	\$HIIT\$ Rita	HIIT Alicia		HIIT Rita		
5:30-6:15			Spinning Jenna	Sculpt Amy	Spinning Jessica		
7:30-8:30	Body Fusion Haley	Mat Pilates Kelsey		Mat Pilates Kelsey	\$Body Fusion\$ Haley		
9:00-9:45							Spinning Kim
10:00-10:45						Insanity Live! Roxy	
10:00-11:00						\$Yoga\$ Kelsey	
5:00 – 6:00			P90X Roxy				
5:30-6:20	\$Sculpt\$ Amy						
5:30-6:30	Circuit Ryan		Pound Karen				
5:45-6:45		Zumba: Georgia Pound: Karen					
6:00-7:00				Circuit: Kelly			
6:30-7:15	P90X Roxy						
6:45-7:45			\$Circuit\$ Kelly				
7:15-8:15		Hot Yoga Mindy		\$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 a long lean physique. **FREE CLASS THIS MONTH ON FRIDAY!**

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. **CLASS THIS MONTH ON WEDNESDAY!**

HIIT: (High Intensity Interval Training) A total body workout designed to burn the most calories in a short amount of time. Classes are always different from day to day with stations including tabata and machines. It will keep you on your toes as you'll never know what to expect! **CLASS THIS MONTH ON TUESDAY!**

Insanity Live!: Athletic Interval Training - Challenge your body and push yourself to your max with the best selling program created by Shaun T. This hi-intensity workout takes you through group focused cardio drills, athletic conditioning, and explosive moves without any equipment.

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.

P90X Live: This total-body strength and conditioning class, created by world renowned Tony Horton, is based on proven principles from personal training and strength coaching, has the ultimate variety to keep your body guessing as you bust through plateaus—together. We use weights for this format.

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. **FREE CLASS THIS MONTH ON MONDAY!**

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.

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. Conquest teaches a multi-level yoga which allows students to flow and focus on their breath while detoxing the body, mind, and spirit. **FREE CLASS THIS MONTH ON THURSDAY AND SATURDAY!**

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