

# SUMMER SCHEDULE EFFECTIVE 6-1-2019

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## GROUP EXERCISE SCHEDULE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30AM TRACI <b>DRENCHED</b>		5:30AM TRACI 		5:30AM TRACI <u>BUTTS, GUTS &amp; UPPERCUTS</u>
10AM Michelle C <b>STRONGER LONGER</b>	9:30AM TERRI 	10:00AM TERRI 	10:00AM TERRI 	
5:30PM JWorJC 	5:30PM Team Julie 	5:30PM JWorJC 	5:30PM Team Julie 	
6:30PM Michelle D 	6:30PM Michelle U 	6:30PM Michelle D 	6:30PM Michelle U 	

902 South State Road 19, Palatka, Florida 32177 • (386) 325-4872 • [www.usafitnessinc.net](http://www.usafitnessinc.net)

Note: Class, Instructor, Studio and/or Time subject to change. Revised 6/1/19

**ZUMBA:** The class that started the dance-fitness revolution and changed the way we look at a “workout” forever. It’s fun, effective and best of all—it’s for everyone. Exercise in disguise! (55 min.)

**BODYPUMP:** The original barbell class that strengthens your entire body. This workout challenges all major muscle groups by using the best weight-room exercises like squats, presses, lefts and curls. Get the results you came for—and fast! (55 min.)

**BODYATTACK:** The sports-inspired cardio workout for building strength and stamina. This high energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals. (55 min.)

**DRENCHED:** Very similar to boot camp style classes but don’t let the name intimidate you—all fitness levels are welcome! This class uses the HIIT (high intensity interval training) method for cardio and strength. Instructor will modify skills to meet individual needs.

**SILVER SNEAKERS:** This fitness class is designed for EVERYONE who wants to improve their health with little to no impact on bones and joints. Enjoy great cardio, strength training and stretching. (55 min.)

**BODY FLOW:** This workout builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. (30min.)

**STRONG BY ZUMBA:** This class combines body weight, muscle conditioning, cardio and plyometric training to original moves synced to original music that has been scientifically designed to match every single move. Every squat, lunge and burpee are driven by the music helping you make it to that last rep!

**BUTTS, GUTS & UPPERCUTS:** This workout will focus on—you guessed it! Instructor keeps it fresh to help you reach your fitness goals.

**STRONGER LONGER:** This total body workout will have you sweating in no time! You will start out with low impact cardio moves to get your heart rate going and then move into resistance training to build strength and balance. (55 min.)

LOOK FOR NEW FALL SCHEDULE MID AUGUST. HAVE A GREAT SUMMER 😊