



CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
	7:00AM – 8:00AM LEG ENDURANCE LAUREN	7:30AM – 8:30AM BODY FLEX LAUREN	7:00AM – 8:00AM AB-STAMINA LAUREN		
					9:30AM-10:30AM SERENITY YOGA LOUISE
12:30PM-1:30PM BOOT CAMP LAUREN	12:30PM-1:30PM YOGA LOUISE	12:30PM – 1:30PM XTREME CONDITIONING LAUREN (\$5 PER CLASS)	12:30PM-1:30PM INTENSE TONE LAUREN		
5:45PM-6:45PM SERENITY YOGA LOUISE	5:30PM-6:30PM INTENSE TONE LAUREN	5:30PM-6:30PM PILATESCULPT MARYGRACE	5:30PM - 6:30PM ALTERNATING LEG ENDURANCE LAUREN TOTAL BODY LOUISA		
			6:30PM - 7:30PM YOGA LOUISE		

CLASS DESCRIPTIONS

AB-STAMINA	AB-STAMINA FOCUSES ON STRENGTHENING THE BACK AND ABDOMINAL MUSCLES FOR EXTREME CORE CONDITIONING. INCORPORATING BOUTS OF INTENSE CARDIO GETS THE HEART PUMPING.
BODY SCULPT	TONES, SCULPTS AND STRENGTHENS THE ENTIRE BODY TARGETING ALL MAJOR MUSCLE GROUPS BY USING WEIGHTS OR EXERCISE BANDS. FUN & EFFECTIVE FOR ALL FITNESS LEVELS.
BOOT CAMP	BASED ON CALISTHENICS AND INTERVAL TRAINING. USING YOUR OWN BODY WEIGHT IN EXERCISES SUCH AS PUSHUPS, JUMPING JACKS, AND MUCH MORE.
BODY FLEX	FULL UPPER BODY WORKOUT USING BODY WEIGHT, DUMBBELLS AND/OR BANDS FOLLOWED BY A LOWER BODY WARM-UP AND DEEP STRETCHING
LEG ENDURANCE	THIS CHALLENGING AND EFFECTIVE WORKOUT IS LEG CHALLENGING AND HEART PUMPING. INTERVAL TRAINING FOCUSING ON LEGS AND GLUTS.
MAT PILATES	THIS IS A LOW IMPACT CLASS THAT FOCUSES ON THE CORE POSTURAL MUSCLES TO CREATE FLEXIBILITY AND ALIGNMENT.
PILATESCULPT	THIS CLASS COMBINES THE STRENGTHENING OF CORE POSTURAL MUSCLES TO CREATE FLEXIBILITY AND ALIGNMENT WITH A LITTLE CARDIO AND WEIGHT TRAINING.
SERENITY YOGA	LEARN THE HATHA SERIES OF ASANAS (POSES) COMBINED WITH BREATHING TO AFFECT YOUR ENTIRE STATE OF BEING. IMPROVE FLEXIBILITY, MENTAL FOCUS, ENERGY LEVELS AND REDUCE STRESS. ALL LEVELS WELCOME. YOGA MATS ARE AVAILABLE.
TOTAL BODY	OUR "ALL-IN-ONE" CLASS COMBINES AEROBIC TRAINING AND SCULPTING USING A VARIETY OF EQUIPMENT SUCH AS STEPS, BALLS, WEIGHTS, TUBES AND MORE. A GREAT CALORIE BURNER FOR FOLKS WITH A LOT TO DO, BUT ONLY A LITTLE TIME.
XTREME CONDITIONING	GROUP TRAINING SESSION TAUGHT BY PERSONAL TRAINERS. EACH SESSION IS BASED ON TWO MINUTE INTERVALS. FOCUSING ON CORE STABILIZATION, ENDURANCE, AND STRENGTH EXERCISES. A HIGH INTENSITY LEVEL, BUT BEGINNERS ARE ALWAYS WELCOME. ADDITIONAL FEES APPLY.
YOGA	THIS CLASS TAKES YOGA POSITIONS AND FUSES THEM WITH MOVEMENT AND BREATHES TO BUILD STRENGTH, ENDURANCE, AND PEACE OF MIND.