



## CLASS SCHEDULE

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

## CLASS DESCRIPTIONS

<b>AB-STAMINA</b>	<b>AB-STAMINA FOCUSES ON STRENGTHENING THE BACK AND ABDOMINAL MUSCLES FOR EXTREME CORE CONDITIONING. INCORPORATING BOUTS OF INTENSE CARDIO GETS THE HEART PUMPING.</b>
<b>BODY SCULPT</b>	<b>TONES, SCULPTS AND STRENGTHENS THE ENTIRE BODY TARGETING ALL MAJOR MUSCLE GROUPS BY USING WEIGHTS OR EXERCISE BANDS. FUN &amp; EFFECTIVE FOR ALL FITNESS LEVELS.</b>
<b>BOOT CAMP</b>	<b>BASED ON CALISTHENICS AND INTERVAL TRAINING. USING YOUR OWN BODY WEIGHT IN EXERCISES SUCH AS PUSHUPS, JUMPING JACKS, AND MUCH MORE.</b>
<b>BODY FLEX</b>	<b>FULL UPPER BODY WORKOUT USING BODY WEIGHT, DUMBBELLS AND/OR BANDS FOLLOWED BY A LOWER BODY WARM-UP AND DEEP STRETCHING</b>
<b>LEG ENDURANCE</b>	<b>THIS CHALLENGING AND EFFECTIVE WORKOUT IS LEG CHALLENGING AND HEART PUMPING. INTERVAL TRAINING FOCUSING ON LEGS AND GLUTS.</b>
<b>MAT PILATES</b>	<b>THIS IS A LOW IMPACT CLASS THAT FOCUSES ON THE CORE POSTURAL MUSCLES TO CREATE FLEXIBILITY AND ALIGNMENT.</b>
<b>PILATESCULPT</b>	<b>THIS CLASS COMBINES THE STRENGTHENING OF CORE POSTURAL MUSCLES TO CREATE FLEXIBILITY AND ALIGNMENT WITH A LITTLE CARDIO AND WEIGHT TRAINING.</b>
<b>SERENITY YOGA</b>	<b>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.</b>
<b>TOTAL BODY</b>	<b>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.</b>
<b>XTREME CONDITIONING</b>	<b>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.</b>
<b>YOGA</b>	<b>THIS CLASS TAKES YOGA POSITIONS AND FUSES THEM WITH MOVEMENT AND BREATHES TO BUILD STRENGTH, ENDURANCE, AND PEACE OF MIND.</b>