



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 LEG ENDURANCE LAUREN	12:30PM-1:30PM YOGA LOUISE	12:30PM – 1:30PM CIRCUIT BREAKER DEBBIE	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 FLEX	FULL UPPER BODY WORKOUT USING BODY WEIGHT, DUMBBELLS AND/OR BANDS FOLLOWED BY A LOWER BODY WARM-UP AND DEEP STRETCHING
CIRCUIT BREAKER	THE PERFECT BLEND OF CARDIO AND STRENGTH BROUGHT TOGETHER IN A CIRCUIT STYLE CLASS WITH AN AB BLASTING FINISH
INTENSE TONE	TONES, SCULPTS AND STRENGTHENS THE ENTIRE BODY TARGETING ALL MAJOR MUSCLE GROUPS BY USING WEIGHTS OR EXERCISE BANDS. FUN & EFFECTIVE FOR ALL FITNESS LEVELS.
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.