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**MARCH 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>5:30 AM</b> Dynamic Soul Spin w/Abby <i>*45 Minutes</i></p> <p><b>7:30- 8:00 AM</b> Express Spin w/ Ann</p> <p><b>8:15 AM</b> Yoga w/Ann</p> <p><b>9:30 AM</b> 3 Zone Tone w/Heather</p> <p><b>1:00 PM</b> Silver Sneakers Chair Yoga w/Janet</p> <p><b>6:00 PM</b> Strength &amp; Core w/ Ann</p> <p><b>6:00 PM</b> Athletic Training W/Bill (\$10.00)</p> <p><b>6:00 PM</b> Athletic Training W/Bill (\$10.00)</p>	<p><b>5:30 AM</b> Spin &amp; Sculpt w/ Tara</p> <p><b>8:00 AM</b> Spin w/Ann</p> <p><b>9:15 AM</b> Total Conditioning w/Heather</p> <p><b>11:00 AM</b> Silver Sneakers Classic w/Janet</p> <p><b>6:00 PM</b> Spin/Core w/Ann</p> <p><b>6:00 PM</b> Athletic Training W/Bill (\$10.00)</p>	<p><b>8:30 AM</b> Tone &amp; Burn w/Sarah</p> <p><b>8:45 AM</b> Express Spin w/Tara <i>*45 Minutes</i></p> <p><b>9:40 AM</b> Yoga Fusion w/Ann</p> <p><b>11:00 AM</b> Dynamic Senior w/ Paul</p> <p><b>6:00 PM</b> Athletic Training W/Bill (\$10.00)</p> <p><b>6:30-7:30 PM</b> Dynamic Fit w/Bill</p>	<p><b>5:30 AM</b> Spin &amp; Sculpt w/Tara</p> <p><b>8:15 AM</b> Express Spin w/Sarah</p> <p><b>9:05 AM</b> TRX Strength w/Sarah <i>*45 Minutes</i></p> <p><b>9:45 AM</b> Yoga w/Ann</p> <p><b>11:00 AM</b> Silver Sneakers Classic w/Paul</p> <p><b>6:00 PM</b> 30/15/15 (Spin, Core, Yoga) w/Ann</p> <p><b>6:00 PM</b> Athletic Training W/Bill (\$10.00)</p> <p><b>7:05 PM</b> Yoga- Ann</p>	<p><b>5:30 AM</b> Strength/Core w/ Heather</p> <p><b>8:00 AM</b> Spin w/Ann</p> <p><b>9:00 AM</b> Pump w/Sandy</p> <p><b>10-10:55 AM</b> Yoga Fusion w/Ann</p> <p><b>11:00 AM</b> Silver Sneakers Classic w/Paul</p> <p><b>5:00 PM</b> Athletic Training W/Bill (\$10.00)</p>	<p><b>8:30 AM</b> Spin w/Ann</p> <p><b>8:30 AM</b> Tone &amp; Burn w/Sandy</p> <p><b>10:00 AM</b> Speed &amp; Agility w/Bill <i>(\$10 per Class)</i></p> <p><b>11:00 AM</b> Silver Sneakers Cardio Circuit w/Janet</p>	<p><b>9:30 AM</b> Yoga w/Ann</p> <p><b>*PLEASE CHECK BOARD and FACEBOOK FOR ALL CHANGES AND SUBS</b></p> <p><b>*REMINDER*</b> <b>ALL Guests must Check In at the front desk prior to using facility and pay a guest fee for the day. Guests are only permitted during staffed hours.</b></p> <p><b><u>KIDS CLUB HOURS</u></b> <b>M-F 9:00 AM-11:00 AM</b></p> <p><b><u>SATURDAY</u></b> <b>8:30-12:00 PM</b></p>

## GROUP EXERCISE CLASSES

### DYNAMIC FITNESS SOLUTIONS GYM

**Total Conditioning-** looking to build muscle, burn fat and crush calories? Then look no further. This 1-hour class fuses cardio and plyometric intervals with high-rep weight lifting to increase your heart rate and build lean muscle you desire! Equipment for this class includes: step, dumbbells, resistance bands, barbells, and stability balls. Each class will incorporate different pieces of equipment and different exercises so no two classes are the same. Be prepared to sweat!

**Tone and Burn-** a strength and cardio interval class. Cardio intervals are made up of speed and agility drills, sports conditioning exercises and some plyometrics. Strength intervals include both body weight exercises and work with free weights. This workout is challenging and encompasses everything from improving heart and lung capacity to increasing lean muscle mass in the body. Fat burn at its best!

**Spinning-** join this group cycling class designed for all fitness levels and all ages. You'll alternate between sprints, climbs, and other drills that offer an exhilarating cardiovascular workout.

**Express Spin-** a mixed levels class focusing on both cardio and strength, with sprints and hills; a great way to try a class if you're new to cycling.  
*\*\*45 minute class*

**Barre-** A unique workout that strengthens, lengthens, and stretches the entire body. Based on the small isometric moves of dance and pilates that work the muscles from the inside out, you will work your muscles to complete fatigue then elongate them to achieve that long lean dancer's body. This workout is done in socks or bare feet and uses props such as bands, a playground ball, light weights, and a chair for support. A yoga mat is recommended. Appropriate for all levels of fitness.

**30/15/15 Spin/Core/Yoga-** Prepare your body for the best of both worlds. This class starts on the bike for 30 minutes, warming up the body for a transition to the floor for a series of poses that combine flexibility, strength, power and balance. You'll do 15 mins of core workout and 15 mins of yoga stretching. Designed for all fitness levels, you are more than welcome to come to both parts, or just one.

**Spin and Sculpt-** This class was designed to give you the best of both worlds, intense spin followed by total body sculpting. This class combines an intense cardio workout on the spin bike with strength and muscle conditioning off the bike, working every muscle group. The quick transitions between bike drills and later through strength drills, will target each muscle group effectively in a short amount of time. Your heart rates will stay up and you'll work every muscle while pushing your body to the limit. A true full-body workout.

**Silver Sneakers Classic-** This is the core class for Silver Sneakers. It is designed to increase strength, agility, balance, coordination and overall fitness level. The exercises will also help improve daily functions and sense of well-being.

**Dynamic Senior-** This class will focus on a variety of exercises focusing on balance, coordination, range of motion and flexibility, core strength and functional exercises that translate well into activities for daily living.

**Silver Sneakers Chair Yoga-** This is a class designed to target balance, range of movement, muscular endurance restorative breathing and mind-body integration improvement. This class is based in a chair for safety and proper technique.

**Yoga-** This class is designed to improve the health, performance, and mental acuity of individuals interested in improving their level of fitness. It blends balance, strength, flexibility and power to give you a relaxing but challenging workout.

**3 Zone Tone-** Burn fat while toning your muscles in this interval style workout using weights, bands, jump ropes, and more. Burn fat while building muscle!

**Strength and Core-** This total body sculpting class will alternate between strength and core exercises to improve posture, strength, balance, and flexibility. Be ready to use free weights and other resistance equipment for a complete workout that will keep your heart rate up.

**Dynamic Fit-** This is a class run by Bill, a world class personal trainer. It is focused around correct technique and pushing yourself to the next level. The class is an hour and a half long jam packed with resistance training intervals using dumbbells, resistance bands, and various machines throughout the gym.

**Spinterval-** Spinning class focused on short intervals that are designed to burn fat while building strength. You will tackle hills, sprints, and other drills to give you a great interval workout while on the bike.

**TRX Strength Circuit-** This class uses TRX bands to challenge you with high intensity, powerful movements at faster tempos. There are interval sets combining TRX and cardio drills to give you a total body workout. Guarantee to keep your heart rate pumping and burning calories while you're engaged in intense body conditioning. This 45 minute class is located on the basketball court.

**Spin Core-** A high energy hour workout with powerful core exercises in between. This class adds core stability to the cardiovascular and strength benefits of spinning for an unbeatable workout.

**Pump-** This is a weight-based group fitness class. It uses free weights such as dumbbells and an aerobic step. Using light to moderate weight based on your fitness level combined with lots of repetition, this gives you a total body workout.

**Speed and Agility-** This class is also ran by Bill. It is designed for athletes who want to improve their footwork and speed for any type of sport. Bill designs this class with your sport in mind so that the drills you do will positively affect your play on the field. There is an additional charge for this hour class.

**Silver Sneakers Cardio Circuit-** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper- body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobic choreography.

**Dynamic Soul Spin-** Spin with weights: A 45- Minute class where riders spin with rhythm based choreography, medium to high- intensity cycling, free-weights with stretching.