



## Group Fitness Class Schedule

### July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Beyonce' Booty Bootcamp 6:00 pm	3
4	5 Zumba 6:30 pm	6	7 XHH 6:30 pm Intro 7:30 pm	8	9	10 XHH 10:00 am
11	12 Zumba 6:30 pm	13	14 XHH 6:30 pm Intro 7:30 pm	15	16	17 XHH 10:00 am
18	19	20	21 XHH 6:30 pm Intro 7:30 pm	22	23	24 XHH 10:00 am Ballroom 1:00 pm
25	26 Zumba 6:30 pm	27	28 XHH 6:30 pm Intro 7:30 pm	29	30	31 XHH 10:00 am Ballroom 1:00 pm

*All fitness levels welcomed. (Ages 14 +)*

**Xtreme Hip Hop** is a fun, energetic, high calorie burning cardio class that will help you shred fat, burn calories, and become a healthier you; all while enjoying your favorite Hip-Hop/R&B music on a step board.

**Xtreme Burn** is an up tempo, calorie burning, heart pumping nonstop cardio class. It utilizes movements such as high knees, kicks, punches, and more to raise your heart rate to an aerobic level.

**Zumba** offers a series of energetic dance routines that provide a great cardio workout. It's a calorie burning dance fitness party.

**Ballroom** is a smooth, sensuous, elegant dance that uses R&B, Blues and even Hip Hop music.

**Beyonce' Booty Bootcamp** is a bootylicious body weight rhythmic class synced to the music of Queen Bey! This class will leave you feeling strong, accomplished, and sweaty by incorporating resistance bands, high reps and cardio blasts!