

# Group Fitness Schedule

	MON	TUE	WED	THURS	FRI
MORNING		6:15am – 7:15am <b>BootCamp</b> Karen	6:15am – 7:15am <b>PowerBarre</b> Karen		6:15am – 7:15am <b>TabataWorkout</b> Larissa
AFTERNOON	12pm – 1pm <b>TotalBodyBurn</b> Karen	12pm – 1pm <b>Yoga</b> Annika	12pm – 1pm <b>KickSport</b> Angela	12pm – 1pm <b>Spin&amp;Sculpt</b> Robyn* <b>New Instructor*</b>	12pm – 1pm <b>PowerHour</b> Karen <b>*New Format*</b>
	1pm – 2pm <b>Yoga</b> Karen	1pm – 2pm <b>CardioChisel</b> Angela	1pm – 2pm <b>Yoga</b> Suzi	1pm – 2pm <b>INSANITY®</b> Drea	<b>*New Instructor*</b>
EVENING	5:30pm – 6:15pm <b>Burn&amp;Turn</b> Karen		5:30pm – 6:15pm <b>TabataWorkout</b> Barry		

## CLASS DESCRIPTIONS

**BootCamp:** Skills and drills combining cardio, muscle conditioning and polymetric moves. May include the use of weights, balls, kettlebells, steps and other fitness equipment.

**Burn&Turn:** A 30 minute strength training class followed by a 30 minute spin class.

**CardioChisel:** The first half is cardio; the second half is toning; put them together for a full workout or just take half

**INSANITY®:** MAX Interval Training replaces traditional moderate-intensity exercise with maximum-intensity exercise, and trades short intervals of intensity for short periods of rest.

**KickSport:** Combines kickboxing moves, interval training and circuit style workouts designed to tone and sculpt your body while burning calories.

**PowerBarre:** Take Barre to the next level by adding various equipment and different forms of resistance to the exercises. Sneakers recommended for the first part of this class.

**PowerHour:** Energize your day with a total-body cardio and strength workout including aerobics, weight training, plyometrics, balance, and coordination exercises. All are welcome and modifications can be made to suit all levels.

**Spin&Sculpt:** This high energy class incorporates spinning to build total body and aerobic fitness and weights to build muscle tone and endurance.

**TabataWorkout:** Take your training to the next level with this dynamic conditioning experience! 20 second bouts of high intensity exercise followed by 10 seconds of rest.

**TotalBodyBurn:** This class will always be a surprise, utilizing different equipment and movements to deliver a tough, comprehensive strength and cardio session!

**Yoga:** A class featuring the ancient practice of Yoga; a series of asanas (postures) to increase flexibility, energy and stillness of mind.