


Class Schedule NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 AM (45 Min) Pulse	10:00 AM (45 Min) Cardio Kickboxing Betzy	9:00 AM (45 Min) Yoga Robert			9:00 AM (45 Min) Complete Cycle Natalie	
9:00 AM (45 Min) Yoga Robert	11:00 AM (45 Min) Pilates Mat Christina	10:00 AM (45 Min) Body Sculpt (L) Brent	10:00 AM (45 Min) Pilates Mat Christina	9:30 AM (45 Min) 15/15/15 (L) Brent	10:00 AM (45 Min) Pulse	10:00 AM (45 Min) Yoga Liz
10:00 AM (45 Min) 15/15/15 (L) Geri		11:00 AM (45 Min) Strong Core John-Ivan	11:00 AM (45 Min) Body Sculpt (L) Jeff	10:30 AM (45 Min) 15/15/15 (L) Brent	11:00 AM (45 Min) 15/15/15 (L) Jeff	11:00 AM (45 Min) 15/15/15 (L) Jeff
11:00 AM (45 Min) Strong Core Dima				11:30 AM (45 Min) Strong Core Betzy		
6:15 PM (45 Min) Complete Cycle	6:00 PM (45 Min) Pulse	6:00 PM (45 Min) Complete Cycle Caroline	6:30 AM (45 Min) Strong Core Christina	6:00 PM (45 Min) Yoga Robert		
7:00 PM (45 Min) Zumba Daniella	6:45 PM (45 Min) Yoga Robert	7:00 PM (45 Min) Booty Pump Yana	7:15 PM (45 Min) Zumba Tijuana		Scan to schedule your next class	

CARDIO KICKBOXING

Box and Tone. Fun and Challenging combination of Kickboxing and Strength training. It's an effective total body workout. Improve your endurance, strength, speed, coordination and flexibility as your kick, punch and hook! For this class you will need weights and mat only.

VINYASA FLOW YOGA

Vinyasa Flow yoga emphasizes the sequential movement between postures, coordinated with and guided by deliberate breath.

BOOTY PUMP

Glutes workout, using Resistance Bands.

You can bring your own Band if you have one, if not, we will provide.

This class focused on your Glutes, Hamstrings and Hip abduction Muscles.

BARRE FUSION

Uses elements of ballet and Pilates to sculpt a long, lean body. Exercises are done at the barre, on the floor, and on the mat to target every muscle, even ones you never knew you had.

COMPLETE CYCLE

Is a high energy 45 min cycling class led by a motivating instructor and accompanied by the instructor's unique playlist of powerful and energizing music.

PULSE

Full body workout with using light weights with lots of repetition. To the beat of the music.

Sneakers recommended.

BOXING

includes an intense cardio warm up and array of hybrid exercises. Boxing, Kickboxing, and Mix Martial Art maneuvers are collectively intermingled with high intensity interval training of dynamic circuits, bodyweight exercises, and core work as well

ZUMBA

Dances inspired "Fitness party" using an amazing music and moves to burn your calories.

STRONG CORE

Mix of exercises that build a strong core toned abs and improve your joints mobility and full body flexibility and range of motion.

PILATES MAT (all levels)

A mind-body class focusing on core by using balance, strength and flexibility, integrating specific Pilates training and other strength techniques.

AQUA AEROBICS

A low impact but high intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water and remaining easy on the joints.

15/15/15 (low-impact)

15 minutes cardio, 15 min strength, 15 min core.

BODY SCULPT (low-impact)

A unique blend of the most effective and efficient mix of weights, Pilates, yoga and cardio. Tone everywhere while burning hundreds of calories.