

July 2010 Schedule Group Fitness / Cycling / Circuit

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Cycling/Cardio	Cycling BODYPUMP	Cycling/Circuit (45 min)	Cycling BODYPUMP	Circuit (45 min)		
5:45 AM		Circuit (45 min)	Cardio-Mat	Circuit(45 min)	Zumba		
6:00 AM							
7:30 AM						Interval	
8:00 AM	All That Dance		All that Dance		All That Dance	Cycling	
8:30 AM						Cardio	
9:00 AM	Interval/ Circuit	Step Basic/ Circuit(45 min)	BODYPUMP Cycling/ Circuit	Interval/ Circuit(45 min)	Body Jam Cycling	BODYPUMP	
9:30 AM		½ HR BODYPUMP			Circuit 9:15am (45min)		
10:00 AM	Zumba		Zumba			Circuit (45 min)	
10:15 AM	Cycling X	Mat-lates	Cycling	Mat-lates & More	BODYPUMP	Mat-lates	
NOON	BODYPUMP		Mat-lates & More		Get Pumped		
12:10 PM		Circuit		Circuit			
12:15 PM		Cycling		Cycling			
4:30 PM	Interval/Cardio	Kickboxing	Step-Up	Cardio Mat-lates Circuit	BODYPUMP		
5:00 PM		Ab Attack (5:15)	Super Sculpt				
5:30 PM	Zumba/ Cycling	BODYPUMP Cardio	Body Jam Cycling	BODYPUMP	Circuit		Cardio
6:00 PM	Circuit		Circuit				
6:30 PM	BODYPUMP	Cycling X Circuit	BODYPUMP	Interval Cycling X/ Circuit			
7:00 PM	Cycling/Cardio	Zumba					Step 'n Plus Circuit
7:30 PM	Hatha Yoga			Zumba			
8:00 PM			Circuit				

Circuit/Cardio: Downstairs weight room Cycling: Multi-purpose room BODYPUMP: Group Exercise All other classes: Group Exercise Room

- 30 minute STEP BASIC: A great class for the new aerobic exerciser. Experience the safe and fun basic step aerobics.
- 30 minute SUPER SCULPT: An excellent, non-impact workout with special emphasis on toning and flexibility.
- 10 minute AB ATTACK: A class concentrating on core strength.
- 30 minute STEP-UP: An easy to follow yet challenging fun workout.
- 45 minute GET PUMPED: A resistance training class designed to work all of your muscle groups using the body bar.
- 55 minute ALL THAT DANCE: An Aerobic "Dance" class that features movements that are low and high impact.
- 60 minute BODY JAM: A great total body workout that includes a combination of cardio and plyometrics for all levels.
- 45 minute POWER SCULPT: A non-impact workout using resistance equipment for total body conditioning.
- 60 minute CARDIO SCULPT: A high/low impact cardio workout using light resistance equipment for a total body workout.
- 60 minute INTERVAL TRAINING: A class using cardio intervals along with muscle work segments to achieve a total body workout.
- 60 minute STEP'N PLUS: A combination class of step and other cardio resistance segments.
- 45 minute KICKBOXING: An intense workout that combines kickboxing, boxing, and aerobic moves. Your whole body will feel it.
- 45 minute MAT-LATES: A pilates type workout on a mat that emphasizes both strength and stretch.
- 45 minute MAT-LATES & MORE: A pilates-based mat workout that incorporates equipment to intensify the workout.
- 60 minute CARDIO MAT-LATES: A standing, rhythmic, "sweaty" Pilates-inspired class along with matwork.
- 60 minute ZUMBA: A Latin inspired dance "fitness party" that is fun and easy to follow.
- 60 minute HATHA YOGA: A yoga flow class guaranteed to challenge your mind, breath and body. Any level welcome.
- 60 minute ADVANCED STEP: A high energy challenging class for the advanced stepper to include muscle and abdominal work.
- 45 minute CYCLING: An excellent indoor cycling cardio workout for any fitness level.
- 45 minute CYCLING X: An excellent indoor cycling cardio workout to include Abdominal and/or muscle work.
- 60 minute BODYPUMP: A barbell class, targeting all your muscles. GREAT music and high energy.
- 30 minute CIRCUIT TRAINING: A combination of resistance and cardiovascular exercise.
- 30 minute CARDIO: A variety of cardiovascular exercise to change up your workout.