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JANUARY 2016 CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM	(SW) Tabata	(LC) Pure Strength	(LC) Step Up	(LC) Pure Strength	(SW) Shred	
9:30 AM	(SS) SS Yoga	(RP) SS Circuit	(LC) SS Classic	(RP) SS Cardio	(SW) SS Classic	(SW) Mix and Max
10:30 AM	(BS) Zumba Gold	(RP) House Party Fitness	(LC) Classical Stretch	(RP) House Party Fitness	(SH) The B's	(EN) Zumba Tone
4:00 PM		(MP) Kids Aerobics		(MP) Kids Aerobics	(MP) Kids Aerobics	
4:30 PM			(SW) Tabata	(SW) Shred		
5:30 PM	(SS) Yoga		(SS) Yoga			
6:00 PM		(KK) Fat Blaster		(KK) Fat Blaster	(EN) Zumba	
7:00 PM	(HM) Zumba	(HM) Zumba	(TS) Pound	(BD) House Party Fitness		

SS Classic-*Silver Sneakers* class- Muscle Strength & Range of Movement will help to improve agility, balance, coordination and activities for daily living, using a chair, ball, free weights, and bands.

SS Yoga Stretch-*Silver Sneakers* class will move your whole body through a complete series of seated and standing yoga poses designed to increase flexibility, balance and range of movement.

SS Cardio Circuit-*Silver Sneakers* All welcome this class will include strength training and range of motion with cardio intervals.

Fat Blaster-This class will blast fat cells and burn calories, using multiple disciplines including circuit, intervals, kickboxing, and step!

Kids Aerobics-A fun filled class to keep your child moving aerobically by playing games and challenging obstacle courses, they won't even realize they are working out!

Yoga -Classes that will stretch your mind, body, and spirit, several modifications are taught to make your experience as relaxed or challenging as you like.

Zumba-Latin inspired dance-fitness class with cardio-based dance movements that are easy to follow. No dance experience required! **Zumba Tone**-Same dance add some light weights for extra toning.

Zumba Gold-This class is the Zumba you love modified at lower-intensity for the active older adult!

House Party Fitness-Enjoy hip hop beats with moves that target the areas of your body that you want toned, and the cardio will melt the fat away.

Pure Strength-Designed to build strength, add definition, increase bone density, and decrease body fat by increasing your lean muscle which will in turn speed up your metabolism. No muscles get neglected in this class!

Tabatta-One of the most effective types of interval training through a variety of simple, yet intense timed exercises, each class will blast the calories and provide noticeable results in a short amount of time.

Step Up-A class using steps in a variety of ways to build muscle and endurance. This will have modifications for all fitness levels.

Shred-Synergistic, High Intensity, Resistance, Endurance and Dynamics! You will accelerate your results in this class. This class was designed by Jillian Michaels.

Pound-Combines light resistance with constant simulated drumming movements torching 400 – 900 calories per class!

The B's-Geared toward the Beginner, self-paced strength training using Balls, Bands, Bars and Body weight!

Classical Stretch-Rebalance your body, increase mobility and keep joints healthy with this full body workout with dynamic strengthening and stretching exercises.

Mix & Max-You will mix up your routines and max the body out! Be prepared for a great full body work out with lots of variety.