



Spring 2022 Fitness Schedule

Classes begin Wednesday, January 26

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5-5:45 a.m.				Body Sculpting <i>Kaila</i>	
8-8:45 a.m.	Aqua <i>Kathy</i> Body Sculpting <i>Kaila</i>	Aqua <i>Kathy</i>	PiYo <i>Kaila</i>	Stretch & Flex <i>Kathy</i>	Aqua <i>Kathy</i>
12:10-12:50 p.m.	Body Sculpting <i>Savannah</i>	Stretch & Flex <i>Kathy</i>		Body Sculpting <i>Kerri</i>	
4-5 p.m.	(4-4:45) Abs & Glutes (4:45-5) Stretch & Flex <i>Kaila</i>	HIGH Fitness <i>Kerri</i>	4:30-5 Abs & Glutes <i>Lexi</i>		
5:15-6 p.m.	Complete Tone <i>Lexi</i>	HIIT <i>Alexis</i>	Complete Tone <i>Lexi</i>	Body Sculpting <i>Kaila</i>	
6-7 p.m.		6-6:15 Killer Abs <i>Alexis</i>			
7-7:45 p.m.	Zumba <i>Erin</i>		Zumba <i>Erin</i>		

Class Descriptions

Abs and Glutes: This 30 minutes class will focus on working out and toning your abs and glutes.

Aqua: Working out in the pool adds 10x the resistance of land and is easy on our joints. Get a great cardio workout and use the water resistance to tone up, too.

Body Sculpting: This class focuses on toning & strengthening the entire body! We use stability balls, free weights, exercise bands, kettlebells, bosu balls and jump ropes to firm up our legs, butt, abs, waist, back, shoulders, and arms.

Complete Tone: This class focuses on toning the entire body. This class will feature a variety of different body weight exercises to tone all muscle groups.

HIGH Fitness: Think old school aerobics made modern. You will have a blast, see real results both physically and mentally, and leave this class wanting more because it's so much fun!

HIIT: This class uses a high intensity interval format to get your heart pumping while you shed fat and build lean muscle.

Killer Abs: 15 minutes of focused ab work!

PiYo: This class combines pilates with stretching. This class is great for the core!

Stretch and Flex: A time for intense stretching using your own body weight as resistance in a relaxed atmosphere. Focused work on increasing flexibility and balance is part of this class.

Zumba: This workout is disguised as a dance party! The choreography incorporates hip-hop, soca, samba, salsa, meringue, mambo, Bollywood, and belly dancing to get your heart pumping!