



Hours - Monday—Thursday 5:00am-9pm

# 2019 SEASON FITNESS SCHEDULE

Hours Friday 5:00am—8:00pm Sat&Sun-6am—7pm

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
8:00 - 9:00am	Rise & Shine Yoga <i>Lori</i>	6:00—7:00am	30-30 Fit <i>Lori</i>	8:00—9:00am	Rise & Shine Yoga <i>Jessica</i>	6:00—7:00am	30-30 Fit <i>Lori</i>	8:00 - 9:00am	Yin Yasa <i>Jessica</i>	8:15 - 9:15am	Pilates Barre <i>Kelsey / Brenda</i>
9:00 - 10:00am	Splash <i>Aylin</i>	8:00 - 9:00am	Ballet Sculpt <i>Donna</i>	8:15—9:15am	Step Intervals 2.0 <i>Michael</i>	8:00—9:00am	Pilates <i>Jennifer</i>	8:15—8:45am	Cycle Express <i>Janell</i>	8:15 - 9:15am	Flex & Sweat <i>Leah/Jen</i>
9:15 - 10:15am	TRX Intervals <i>Marlan</i>	9:00 - 10:00am	Water Pilates <i>Lori</i>	9:00—10:00am	Splash <i>Elaine</i>	9:00 - 10:00am	Water Pilates <i>Lori</i>	9:00 - 10:00am	Splash <i>Janell</i>	9:00 - 10:00am	TRX Intervals <i>Darren</i>
9:15 - 10:15am	Move & Groove <i>Donna</i>	9:00 - 10:00am	Cardio Boxing <i>Kendrick</i>	9:15- 10:15am	TRX Intervals <i>Marlan</i>	9:00 - 10:00am	Cardio Boxing <i>Kendrick</i>	9:15 - 10:15am	Zumba Toning <i>Aylin</i>	9:30—10:30am	Splash <i>Maureen</i>
9:30 - 10:30am	Sports Intervals <i>Darren</i>	9:00- 10:00am	Zumba <i>Sandra</i>	9:15 - 10:15am	Move & Groove <i>Donna</i>	9:15 - 10:15am	Zumba <i>Harlee</i>	9:15—10:15am	Functional Intervals <i>Marlan</i>	9:30 - 10:30am	To the Rhythm By KT
9:30 - 10:30am	iCycle <i>Debbie</i>	9:30 - 10:30am	iCycle <i>Jen</i>	9:30 - 10:30am	Boot Camp <i>Malika</i>	9:30 - 10:30am	iCycle <i>Malika</i>	9:30 - 10:30am	Sports Conditioning <i>Jen</i>	9:30 - 10:30am	iCycle <i>Leah/Jen</i>
10:45 - 11:45am	Vinyasa Flow <i>Jessica</i>	10:30 - 11:30am	Fitness Yoga <i>Jim</i>	9:30 - 10:30am	iCycle <i>Michael</i>	9:30—10:30am	Sit & Be Fit <i>Becky</i>	9:30 - 10:30am	iCycle <i>Pauline</i>	11:00 - 12:00pm	Yoga Flow <i>Dan</i>
10:45- 11:45am	Body Flex <i>Donna</i>	10:00—11:00am	Sit & Be Fit <i>Becky</i>	10:45 - 11:45am	Body Flex <i>Donna</i>	10:30—11:30am	Sit & Be Fit <i>Becky</i>	10:30 - 11:30am	iCore Pilates <i>Charlie</i>	SUNDAY	
		11:15-12:15pm	Tap <i>Donna</i>			10:30 - 11:30am	Fitness Yoga <i>Jim</i>	10:45-11:45am	Line Dancing <i>Kristi</i>		
		3:00 - 4:00pm	Sports Stretch <i>Linda</i>			3:00 - 4:00pm	Sports Stretch <i>Charlie</i>			9:00 - 10:00am	Body Blast <i>Leah</i>
6:00—7:00pm	POUND <i>Houda</i>	6:00—7:00pm	Cardio Boxing <i>Kendrick</i>	5:00 - 6:00pm	Pilates Barre <i>Kelsey</i>	6:00—7:00pm	Cardio Boxing <i>Kendrick</i>			9:30 - 10:30am	iCycle <i>Maureen</i>
6:30—7:30pm	Yoga Flow <i>Dan</i>	6:00 - 7:00pm	iCycle <i>Molly</i>	6:30 - 7:30pm	Yoga Flow <i>Dan</i>	6:00 - 7:00pm	iCycle <i>Maureen</i>			10:30- 11:30am	Yoga for Health <i>Ed</i>

Direct Line 561-627-4444

All Classes have Limited Space please arrive early to ensure your space

Classes and Instructors Subject to Change

## Aerobics Class Descriptions

**Red Highlighted Classes are advanced i-Fit series of classes for those who are ready to push their fitness limits**

**All Classes are based on a 50 minute work time to allow 5 minutes in the beginning for set up and 5 minutes at the end for break down.**

**Ballet Sculpt**—Using the same fluid movements as a Ballet Dancer to create long lean muscles like only a dancer has

**Body Blast** – Work your whole Body and work it hard, through strength, cardio and fun.

**Body Flex** – NO high impact aerobics here, just pure muscle sculpting intervals. This class will give you a head to toe work out.

**Boot Camp** – This workout is not for everyone. If you want to work hard and be run through high intensity/ high impact drills for an hour we promise that you will not leave disappointed.

**Cardio Boxing** – Strap on your gloves and take your aggression out on the bag, you will work hard and sweat it all out

**Cardio Playground**—Come to this class prepared to work. We will use all the toys we can find you get you a full body workout that is full of fun.

**To The Rhythm with KT**– This class fuses hypnotic Latin and international rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away. In short, it's exercise in disguise!

**Flex & Sweat** – Using the step and an assortment of fitness toys, you will work every muscle in your body in this strength interval class

**Fitness Yoga** - Using tradition yoga poses which combine relaxation, flexibility, balance and breathe awareness. Stretch and tone your body while relaxing your mind and energizing your spirit.

**Functional Intervals** – Bring your water and be prepared to work. We will use TRX straps, kettle bells, Weights, Medicine Balls and your body weight to make your body the efficient machine it is meant to be.

**FLEX Express**—This is a non-stop half hour of pure strength. Using weights, bands, bars, balls whatever it takes to make you feel the burn.

**I-Cycle** – You've not experienced a spin class like this, monitor your RPM's on our large flat screens, challenge yourself on the bike and lose yourself in the music and Point of View videos

**iCycle Mash-up**—Burn an extreme amount of calories in this all encompassing interval class that includes cycling and the functional studio to get the most bang for your time

**iCycle Express**—When you don't have an hour to spend in a cycle class come in early and get it done in 30

**I-Core Pilates** - No matter what life does to you, this class is filled with movement strategies appropriate for anyone that can get up and down off the floor. We will put all your parts back together the way they belong!

**Line Dancing**—Dust off those cowboy boots because and get ready to start your weekend learning the hottest new country line dances.

**Move & Groove** – Its not a dance class but you will be moving to the beat of the music to get your heart rate up & burn calories

**Pilates** - Learn to balance and maintain proper alignment, create greater flexibility, release tight joints, increase blood flow and build strength through proper breathing and movement.

**Pilates Barre** - Using a Ballet Bar and plenty of props to strengthen and stabilize muscles you didn't know you had.

**POUND**—A Cardio Jam session inspired by the infectious, energizing and sweat dripping fun of playing the drums

**Rise & Shine Yoga**—A morning yoga class that combines relaxation, flexibility, balance and breathe awareness. Stretch and tone your body while relaxing your mind and energizing your spirit.

**Ropes & Rowers**—This class incorporates water rowers, TRX and heavy ropes to give you a full body interval workout

**Sit and Be Fit** – Not everyone is able to do cardio classes and move around as quickly as everyone else in the class environment, This class will give you the cardiovascular benefits of aerobics in the safety of a chair.

**Splash** – Designed to increase the heart rate, improve endurance, strength and balance by utilizing water resistance

**Sports Stretch** – Learn proper stretch mechanics to focus on areas that are overused and over trained to prevent injury

**Sports Conditioning**—Interval training class with options for low –high intensity in both strength and cardiovascular training. It can include agility training, weights, bands, plyometrics , intense core building and non-stop Charlie shenanigans.

**Sports Intervals**—this Boot Camp Style class will incorporate free weights, High Intesity Cardio and functional movement exercises that will change the way you look and feel

**Water Pilates** – The movements and flexibility of Pilates in a water setting is a great for those with balance issues

**TRX Intervals** – Using mostly TRX suspension trainers you will experience a full body workout that's both fun and functional

**Vinyasa Flow**—A yoga class for everyone and every level your instructor will lead you through poses that best fit your needs and abilities. Stretch & tone your body while relaxing your mind and energizing your spirit

**Yin Yasa**—Yin yoga involves variations of seated and supine poses which are held for long periods of time This style of yoga accesses deeper layers of the fascia to help you stay in positions longer without pain or strain

**Yoga Flow** – Based on the Vinyasa style of yoga which keeps the body in constant motion, this class is geared to improve posture, strength and balance. If you have ever said that Yoga is boring, this will change your thinking.

**Yoga for Health** – This class combines relaxation, flexibility, balance and breath awareness. Stretch and tone your body while relaxing your mind and energizing your spirit. Ideal for those concerned with injuries.

**Zumba**—This concept is brought to you straight from the latin dance clubs of Miami Beach. Take the work out of workout, by mixing high and low intensity moves into a calorie burning dance fitness party

**30-30 Fit**—For those of you that like to get in and get it done early, this class will incorporate everything you need The first 30 will incorporate cardio and strength and the 2nd 30 will be about the core and flexibility.\

**P.O.W.E.R.**— This program is designed for kids 10-15 who are looking to increase their fitness level and athletic ability. Whether they want to be better at their sport or just for themselves this is a great tool for young athletes. See Jennifer for cost information