



Class Schedule

Mon	6:00 – 7:00AM Zumba	11:15AM – 12:00PM Butt & Gut	12:05 – 1:00PM B3	N/A
Tue	N/A	11:15AM – 12:00PM Pilates	12:05 – 1:00PM Yoga	4:00 – 5:00PM 30 – 30
Wed	6:00AM-7:00AM Zumba	11:15AM – 12:00PM Butt & Gut	12:05 – 1:00PM B3	N/A
Thu	N/A	11:15AM – 12:00PM Pilates	12:05 – 1:00PM Yoga	4:00 – 5:00PM 30 – 30
Fri		11:30AM – 12:30PM Cardio Surprise		

Zumba: Ditch the work out and join the party. Zumba is a cardio workout to the beat of Latin music. Leave your worries at the door.

B-3: Balance, Ball & Band. Balls are used to improve balance and flexibility – bands are used to strengthen and tone muscles.

30-30: Come and join us with this 30 minutes of cardio and 30 minutes of sculpting using weights.

Butt & Gut: Short “butt” - sweet working those trouble areas. No aerobics.

Pilates: The Pilates Method is a class that improves muscle control, flexibility, coordination, strength and tone through physical and mental conditioning. It is a fitness regime that combines stretching and strengthening exercises designed to work the entire body in fluid movements.

Yoga: The controlled stretching, contraction, and relaxation of muscle during yoga aid in stress reduction, increased flexibility, and improved circulation. The breathing techniques used in yoga allow the individual to calm, relax, and rejuvenate the mind as well as the body.