

### October Schedule

| Monday                          | Tuesday                        | Wednesday                       | Thursday                           | Friday                     |
|---------------------------------|--------------------------------|---------------------------------|------------------------------------|----------------------------|
| Boot Camp<br>5:45 - 6:30am      | Group Cycling<br>5:00 - 5:45am | Boot Camp<br>5:45 - 6:30am      | Group Cycling<br>5:00 - 5:45am     | Boot Camp<br>5:45 - 6:30am |
| Senior Fitness<br>8:00 - 8:40am | Group Cycling<br>5:45 - 6:30am | Senior Fitness<br>8:00 - 8:40am | Group Cycling<br>5:45 - 6:30am     |                            |
| Tone<br>5:30 - 6:10pm           | Sculpt & Flow<br>5:15 - 6:00pm | Blend<br>5:30-6:15pm            | Fat Burn Circuits<br>5:30pm-6:00pm |                            |
|                                 |                                | TRX<br>6:15 - 7:00pm            |                                    |                            |

#### Blend

Blend is a conditioning class incorporating 20 minutes of cardio, followed by 20 minutes of core and strength training we will be using a wide range of equipment along with your bodyweight, from TRX to Kettle bells to incorporating kick boxing moves, each class will be different. Group Cycling will burn calories; the core and strength training will get you stronger and boost your metabolism. In this 45 minute class we are combining the cardio and strength for the boost you need to get to your fitness goals.

#### Boot Camp

Challenge your strength and endurance while burning calories. Boot camp exercises are great for fat & weight loss, endurance and fitness. Also improve other areas including balance, stability, flexibility, agility and posture. Beginners to advanced.

#### Fat Burn Circuits

Burn extreme calories in just 30 minutes. Class will consist of strength, Cardio intervals, core work and more. A variety of equipment, TRX, kettle bells, Bosu and stability balls, stairs and more will make this workout fast and fun!

#### Group Cycling

Feel motivated by the energy of the class as you burn calories and build endurance. This class is an exciting, low impact option on a stationary bike, with a high level cardio workout.

#### Sculpt & Flow

A workout to develop long, lean muscles through graceful movements by combining Pilates & Yoga. This class will strengthen muscles all while exercising with a little cardio infused Barre exercise with attitude!

#### Senior Fitness

Improve strength, tone, flexibility, cardiovascular endurance, and range of motion with low impact exercises using a variety of chair based and standing movements.

#### Tone, Tighten & Strengthen

This multi-level class is for anyone who wants to develop muscular strength and endurance and increase lean mass. We'll tackle "basic" resistance training exercises using traditional, strategic principles. An easy to follow workout challenges every major muscle using a variety of equipment.

#### TRX

TRX delivers a fast, effective total-body work out that benefits people of all fitness levels. Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform exercises to increase muscular endurance, a solid core and overall muscle tone.