

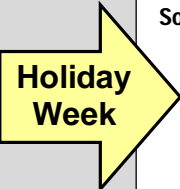


JULY 2017

KICKBOXING & FITNESS CALENDAR

Classes in **RED** are in the Kickboxing Room. Classes in **BLACK** are upstairs in the Group Fitness Room.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 9:15 am ZUMBA (Jamie) Sorry, No Evening Classes.	4th of JULY! <u>Special 90 min Class</u> 9:15 - 10:45am KICKBOXING BOOTCAMP & STRETCH with Jamie & Tylin Free for Unlimited Holders, \$12 presale, \$15 at the door	5 9:15 am ZUMBA TONING (Jamie) 5:00 pm BOOTCAMP (Jamie) 6:00 pm PiYo LIVE (Jamie)	6 No Morning Class 6:30 pm KICKBOXING (Tylin)	7	8 8:30 am JUST STEP (Jamie) 9:00 am KICKBOXING (Tylin) 9:30 am CIZE LIVE(Jamie)
9	10 9:15 am ZUMBA (Jamie) 5:00 pm BOOTCAMP (Jamie) 6:00 pm ZUMBA (Jamie) 7:00 pm KICKBOXING (Matt)	11 9:15 am KICKBOXING (Matt) 6:30 pm KICKBOXING (Tylin)	12 9:15 am ZUMBA TONING (Jamie) 5:00 pm BOOTCAMP (Jamie) 6:00 pm PiYo LIVE (Jamie) 7:00 pm KICKBOXING (Matt)	13 9:15 am KICKBOXING (Matt) 6:30 pm KICKBOXING (Tylin)	14	15 8:30 am JUST STEP (Jamie) 9:00 am KICKBOXING (Tylin) Sorry, No 9:30am class.
						16
23	24 9:15 am ZUMBA (Jamie) 5:00 pm BOOTCAMP (Jamie) 6:00 pm ZUMBA (Jamie) 7:00 pm KICKBOXING (Matt)	25 9:15 am KICKBOXING (Matt) 6:30 pm KICKBOXING (Tylin)	26 9:15 am ZUMBA TONING (Jamie) 5:00 pm BOOTCAMP (Jamie) 6:00 pm PiYo LIVE (Jamie) 7:00 pm KICKBOXING (Matt)	27 9:15 am KICKBOXING (Matt) 6:30 pm KICKBOXING (Tylin)	28	29 8:30 am JUST STEP (Jamie) 9:00 am KICKBOXING (Tylin) 9:30 am ZUMBA (Jamie)
30	31 9:15 am ZUMBA (Jamie) 5:00 pm BOOTCAMP (Jamie) 6:00 pm ZUMBA (Jamie) 7:00 pm KICKBOXING (Matt)	8/1 9:15 am KICKBOXING (Matt) 6:30 pm KICKBOXING (Tylin)	8/2 9:15 am ZUMBA TONING (Jamie) 5:00 pm BOOTCAMP (Jamie) 6:00 pm PiYo LIVE (Jamie) 7:00 pm KICKBOXING (Matt)	8/3 9:15 am KICKBOXING (Matt) 6:30 pm KICKBOXING (Tylin)	8/4	8/5 8:30 am JUST STEP (Jamie) 9:00 am KICKBOXING (Tylin) 9:30 am CIZE LIVE (Jamie)





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CLASS DESCRIPTIONS

BOOTCAMP is full body workout using a variety of easy to follow cardio and strength training moves. You will utilizing your body weight, resistance tubing, and/or weights to maximize your workout. Modifications are give for all fitness levels. Please bring a mat. This class is 45 minutes.

CIZE LIVE is a dance-fitness class for everyone! No, not, like Zumba. CIZE LIVE is a professionally choreographed dance-fitness class that's high energy, (mostly) low impact, and... is for EVERYONE! I break down the routines step-by-step, so that anyone can dance! It's so fun, so exciting, it doesn't feel like a workout—but it will burn serious calories! Did I say everyone can do it... YES I DID! and YES YOU CAN! and YES THEY DID! This program is so new, that you will be some of the first people in the WORLD to try it.

JUST STEP. Just what it says. This is a 1 hour step aerobics class. Please RSVP your spot as steps are limited.

KICKBOXING combines Yoga, Kickboxing, Martial Arts, and new age strength training, to help you reduce stress, improve flexibility, gain strength, slim down, and tone up. You will learn proper punching techniques to sculpt your back, arms, and shoulders while taking out some aggression on our heavy bags. Tone and strengthen your legs, hips and waist with traditional kicks of the martial arts. Build strength in your abs and back during the entire workout, along with an intense core-specific routine. Kickboxing Gloves requires and available to purchase at the front desk.

PiYo® LIVE is a Pilates and Yoga inspired fitness class that combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. But, make no mistake, this ain't your mama's yoga. We crank up the music, the speed, and the fun to give you an intense, yet low-impact workout that will burn crazy calories for a long, lean, beautiful physique. Please bring a mat.

ZUMBA® FITNESS is dance-fitness class based on international rhythms. A fun, easy, and effective workout, furthermore IT'S A PARTY! Suitable for all age groups and fitness levels.

ZUMBA® TONING takes the original Zumba class to the next level utilizing an innovative muscle training protocol and the addition of light weight toning sticks. Suitable for all age groups and fitness levels.