



OCTOBER FITNESS SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:15 am ZUMBA (Jamie) 5:00 pm BOOTCAMP (Jamie) 6:00 pm ZUMBA (Jamie)	3 6:00 pm ZUMBA (Brenda)	4 9:15 am ZUMBA TONING (Jamie) 5:00 pm BOOTCAMP (Jamie) 6:00 pm PiYo LIVE (Jamie)	5 6:00 pm ZUMBA (Brenda)	6	7 8:30 am JUST STEP (Jamie) 9:30 am ZUMBA (Jamie)
8	9 9:15 am ZUMBA (Jamie) 5:00 pm BOOTCAMP (Jamie) 6:00 pm ZUMBA (Jamie)	10 6:00 pm ZUMBA (Brenda)	11 9:15 am ZUMBA TONING (Jamie) 5:00 pm BOOTCAMP (Jamie) 6:00 pm PiYo LIVE (Jamie)	12 6:00 pm ZUMBA (Brenda)	13	14 8:30 am JUST STEP (Jamie) 9:30 am ZUMBA (Jamie)
15	16 9:15 am ZUMBA (Jamie) 5:00 pm BOOTCAMP (Jamie) 6:00 pm ZUMBA (Jamie)	17 6:00 pm ZUMBA (Brenda)	18 9:15 am ZUMBA TONING (Jamie) 5:00 pm BOOTCAMP (Jamie) 6:00 pm PiYo LIVE (Jamie)	19 6:00 pm ZUMBA (Brenda)	20	21 8:30 am JUST STEP (Jamie) 9:30 am ZUMBA (Jamie)
22	23 9:15 am ZUMBA (Jamie) 5:00 pm BOOTCAMP (Jamie) 6:00 pm ZUMBA (Jamie)	24 6:00 pm ZUMBA (Brenda)	25 9:15 am ZUMBA TONING (Jamie) 5:00 pm BOOTCAMP (Jamie) 6:00 pm PiYo LIVE (Jamie)	26 6:00 pm ZUMBA (Brenda)	27	28 8:30 am JUST STEP (Jamie) 9:30 am ZUMBA (Jamie)
29	30 9:15 am ZUMBA (Jamie) 5:00 pm BOOTCAMP (Jamie) 6:00 pm ZUMBA (Jamie)	31 Happy Halloween! Sorry, No Evening Classes.	11/1 9:15 am ZUMBA TONING (Jamie) 5:00 pm BOOTCAMP (Jamie) 6:00 pm PiYo LIVE (Jamie)	11/2 6:00 pm ZUMBA (Brenda)	11/3 Special Grand Opening Class TBA	11/4 8:30 am JUST STEP (Jamie) 9:30 am ZUMBA (Jamie)

OCTOBER KICKBOXING SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 5:00 am KICKBOXING (Tylin) 7:00 pm KICKBOXING (Tylin)	3 9:15 am KICKBOXING (Matt) 5:00 pm KICKBOXING (Jamie) 7:00 pm KICKBOXING (Tylin)	4 5:00 am KICKBOXING (Tylin) 7:00 pm KICKBOXING (Jamie)	5 9:15 am KICKBOXING (Matt) 5:00 pm KICKBOXING (Jamie) 7:00 pm KICKBOXING (Tylin)	6 7:10 pm KICKBOXING (Matt)	7 9:00 am KICKBOXING (Tylin)
8	9 5:00 am KICKBOXING (Tylin) 7:00 pm KICKBOXING (Tylin)	10 9:15 am KICKBOXING (Matt) 5:00 pm KICKBOXING (Jamie) 7:00 pm KICKBOXING (Tylin)	11 5:00 am KICKBOXING (Tylin) 7:00 pm KICKBOXING (Jamie)	12 9:15 am KICKBOXING (Matt) 5:00 pm KICKBOXING (Jamie) 7:00 pm KICKBOXING (Tylin)	13 7:10 pm KICKBOXING (Matt)	14 9:00 am KICKBOXING (Tylin)
15	16 5:00 am KICKBOXING (Tylin) 7:00 pm KICKBOXING (Tylin)	17 9:15 am KICKBOXING (Matt) 5:00 pm KICKBOXING (Jamie) 7:00 pm KICKBOXING (Tylin)	18 5:00 am KICKBOXING (Tylin) 7:00 pm KICKBOXING (Jamie)	19 9:15 am KICKBOXING (Matt) 5:00 pm KICKBOXING (Jamie) 7:00 pm KICKBOXING (Tylin)	20 7:10 pm KICKBOXING (Matt)	21 9:00 am KICKBOXING (Tylin)
22	23 5:00 am KICKBOXING (Tylin) 7:00 pm KICKBOXING (Tylin)	24 9:15 am KICKBOXING (Matt) 5:00 pm KICKBOXING (Jamie) 7:00 pm KICKBOXING (Tylin)	25 5:00 am KICKBOXING (Tylin) 7:00 pm KICKBOXING (Jamie)	26 9:15 am KICKBOXING (Matt) 5:00 pm KICKBOXING (Jamie) 7:00 pm KICKBOXING (Tylin)	27 7:10 pm KICKBOXING (Matt)	28 9am Blacklight Kickboxing
29	30 5:00 am KICKBOXING (Tylin) 7:00 pm KICKBOXING (Tylin)	31 Happy Halloween! 9:15 am KICKBOXING (Matt) 7:00 pm KICKBOXING (Matt)	11/1 5:00 am KICKBOXING (Tylin) 7:00 pm KICKBOXING (Jamie)	11/2 9:15 am KICKBOXING (Matt) 5:00 pm KICKBOXING (Jamie) 7:00 pm KICKBOXING (Tylin)	11/3 Special Grand Opening Class TBA	11/4 9:00 am KICKBOXING (Tylin)



CLASS DESCRIPTIONS

BOOTCAMP is a full body workout using a variety of easy to follow cardio and strength training moves. You will utilize your body weight, resistance tubing, and/or weights to maximize your workout. Modifications are given for all fitness levels. Clean, dry sneakers and a mat are required. 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! The instructor will 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! Clean, dry sneakers are required. This class is 55 minutes.

JUST STEP. Just what it says. Get your heart and lungs in shape and tone your tush! The instructor will lead you through a choreographed routine utilizing the step. Step aerobics is a terrific cross-training activity for runners, cyclists, and walkers. Modifications are given for all fitness levels. Clean, dry sneakers are required. This class is 55 minutes.

KICKBOXING combines 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 required and available for purchase at the front desk. Modifications are given for all fitness levels. This class is 50 minutes.

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. This class is 55 minutes.

ZUMBA® FITNESS is a 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. Clean, dry sneakers are required. This class is 55 minutes.

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. Clean, dry sneakers are required. This class is 55 minutes.