



November 2018

KICKBOXING & FITNESS CALENDAR

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6:00am KICKBOXING 9:15am KICKBOXING 5:00pm KICKBOXING 6:15pm KICKBOXING 7:15pm KICK-N-TONE	2 6:00am KICK-N-TONE 6:15pm KICKBOXING	3 8:45am JUST STEP 9:00am KICKBOXING 10:00am ZUMBA/ZUMBA TONING COMBO 10:15am KICK-N-TONE
4 10:00am KICKBOXING	5 5:00am KICKBOXING 9:15am ZUMBA 5:00pm BOOTCAMP 6:00pm ZUMBA 6:15pm KICKBOXING 7:15pm KICK-N-TONE	6 6:00am KICKBOXING 9:15am KICKBOXING 5:00pm KICKBOXING 6:15pm KICK-N-TONE 7:15pm KICKBOXING	7 5:00am KICKBOXING 9:15am ZUMBA TONING 5:00pm BOOTCAMP 6:00pm PiYo LIVE 6:15pm KICKBOXING 7:15pm KICK-N-TONE	8 6:00am KICKBOXING 9:15am KICKBOXING 5:00pm KICKBOXING 6:15pm KICK-N-TONE 7:15pm KICKBOXING	9 6:00am KICK-N-TONE 6:15pm KICKBOXING	10 8:45am JUST STEP 9:00am KICKBOXING 10:00am ZUMBA/ZUMBA TONING COMBO 10:15am KICK-N-TONE
11 10:00am KICKBOXING 5pm Covered Dish Recipe Swap	12 5:00am KICKBOXING 9:15am ZUMBA 5:00pm BOOTCAMP 6:00pm ZUMBA 6:15pm KICKBOXING 7:15pm KICK-N-TONE	13 6:00am KICKBOXING 9:15am KICKBOXING 5:00pm KICKBOXING 6:15pm KICK-N-TONE 7:15pm KICKBOXING	14 5:00am KICKBOXING 9:15am ZUMBA TONING 5:00pm BOOTCAMP 6:00pm PiYo LIVE 6:15pm KICKBOXING 7:15pm KICK-N-TONE	15 6:00am KICKBOXING 9:15am KICKBOXING 5:00pm KICKBOXING 6:15pm KICK-N-TONE 7:15pm KICKBOXING	16 6:00am KICK-N-TONE 6:15pm KICKBOXING	17 8:45am JUST STEP 9:00am KICKBOXING 10:00am ZUMBA/ZUMBA TONING COMBO 10:15am KICK-N-TONE
18 10:00am KICKBOXING	19 5:00am KICKBOXING 9:15am ZUMBA 5:00pm BOOTCAMP 6:00pm ZUMBA 6:15pm KICKBOXING 7:15pm KICK-N-TONE	20 6:00am KICKBOXING 9:15am KICKBOXING 5:00pm KICKBOXING 6:15pm KICK-N-TONE 7:15pm KICKBOXING	21 5:00am KICKBOXING 9:15am ZUMBA TONING 5:00pm BOOTCAMP 6:00pm PiYo LIVE 6:15pm KICKBOXING 7:15pm KICK-N-TONE	22 23 24 Special Thanksgiving Weekend Class Schedule		24 9:00 - 10:15am Kick, Tone & Stretch
25 10:00am KICKBOXING	26 5:00am KICKBOXING 9:15am ZUMBA 5:00pm BOOTCAMP 6:00pm ZUMBA 6:15pm KICKBOXING 7:15pm KICK-N-TONE	27 6:00am KICKBOXING 9:15am KICKBOXING 5:00pm KICKBOXING 6:15pm KICK-N-TONE 7:15pm KICKBOXING	28 5:00am KICKBOXING 9:15am ZUMBA TONING 5:00pm BOOTCAMP 6:00pm PiYo LIVE 6:15pm KICKBOXING 7:15pm KICK-N-TONE	29 6:00am KICKBOXING 9:15am KICKBOXING 5:00pm KICKBOXING 6:15pm KICK-N-TONE 7:15pm KICKBOXING	30 6:00am KICK-N-TONE 6:15pm KICKBOXING	12/1 8:45am JUST STEP 9:00am KICKBOXING 10:00am ZUMBA/ZUMBA TONING COMBO 10:15am KICK-N-TONE

Schedule Subject to Change. See www.KarateJohns.com for up to date info.



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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.

JUST STEP. Just what it says. Get your heart and lungs in shape and tones 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.

KICK-N-TONE combines the striking combination and cardio workout of our Kickboxing class and the strength and toning of our Bootcamp class utilizing weights, resistance tubing, and/or stability balls, all to bring you to the next level. Kickboxing Gloves are 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.

ZUMBA® /ZUMBA® TONING COMBO is 50/50 class. We will start the class with ZUMBA® TONING, the shake out the second half of class with your favorite ZUMBA® Fitness songs. Suitable for all age groups and fitness levels. Clean, dry sneakers are required. This class is 55 minutes.