



## JANUARY– MARCH 2015 CLASS SCHEDULE

Monday	
Kick'n Core	5:00-5:45 p.m.
Yoga	6:00-7:00 p.m.
Tuesday	
Yoga	9:00-10:00 a.m.
Senior Fit	2:00-3:00 p.m.
Tabata Bootcamp	5:00-5:45 p.m.
Wednesday	
Yoga	6:00-7:00 p.m.

Thursday	
Yoga	9:00-10:00 a.m.
Senior Fit	2:00-3:00 p.m.
Total Body Blast	5:00-5:45 p.m.
Yoga	6:00-7:00 p.m.
Friday	
Training Day	6:00-6:45 a.m.
Saturday	
Yoga	8:30-9:30 a.m.

### CLASS DESCRIPTIONS

**Kick'n Core** is a fast-paced class for those who are looking for variety. The exercise phase will combine cardiovascular training and kickboxing for an intense workout. Core strength is the foundation of all body movements, so a portion of each class will be spent addressing this important area.

**Total Body Blast** gets you trimmed and toned! "BLAST" those muscles in this specialized class. Expect leaner legs and thighs; and sculpted shoulders and arms. Learn new exercises that you can incorporate in your daily routine to enhance muscle toning.

**Yoga** class incorporates poses and postures from various levels of yoga. Participants can expect to build strength and flexibility while focusing on the breath to bring mind and body together.

**Tabata Bootcamp** class is based on High-Intensity-Interval-Training (HIIT) Microburst Protocol. These 45-minute classes deliver a calorie-drenching workout and post metabolic boost. Be ready to get in the best shape of your life!

**Senior Fit** is a 60-minute class is for the older adult. Class time will be spent walking, performing balance exercises, strengthening muscles, and improving range of motion. For non-members, the fee is \$1 per participant per class.

**Training Day** is a jumpstart! Attend 'Training Day'. Participants will complete a workout of the day. Each session will have a different focus...strength, stability, cardiovascular endurance, and/or agility. Variability is key for improving all aspects of fitness, so attend and break through the mundane routine.

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