

# **SEPTEMBER.2021**

Group Fitness Schedule

# **Latest Class Offerings**

## Yoga Sculpt - Monday 7:15 pm

Take your practice to the next level by adding weights to your flow. Yoga Sculpt is about building both strength and balance to your body while keeping up your mindful movement and meditation.

### Danz Insanity-Wednesday 8:00 am

Danz Insanity is a hot, new Cardio Dance Fitness Class that combines Danz Athletics, Latin Rhythms, and Hip Hop.

It's an easy to follow, cardio intense class; dancers and non dancers will love it! It is a great way to get a big cardio class in and have fun. It's exercise in disguise.

#### Kickboxing - Friday 9:30 am

A high intensity, moderate to high impact cardiovascular class which incorporates the whole body for an awesome workout. You will love the no nonsense sport choreography and the electric fast beat. This class is for beginner through advanced.

MONDAY 8	MONDAY 8/30		3/31	WEDNESDAY 9/1		THURSDAY 9/2		FRIDAY 9/3		SATURDAY 9/4	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Monday Mix 8:00a Muscle strength	Phillip	7:00a Muscle 8:00a Zumba	Carolina	5:35a Bootcamp 8:00a Danz Insanity	•	8:15a Circuit Bootcamp		7:00a Muscle strength 8:30a The Mix	Heather	8:15a Kickbox	Betsy
9:30 Your Inner Athlete 10:30 Dynamic Defensiv with Jennifer		9:00a Barre	Heather	9:00a Muscle Strength 10:30a Gentle Yoga	Denae Laura	9:30a Back to Basics	Sarah	9:30a Kickbox 10:30a Yoga	Natalie Paige		
5:00p Teen Athletics	Geraldine	5:00p Butts & gutts		5pm Dynamic Defensive <i>i</i> with Jennifer	Arts	4:30pm Fit Fun (4-6yr) 5:00pm Fit Fun (7-10yr)	Natalie Natalie			8:15a Cycle	Janice
6:00p Bootcamp 7:15pm Yoga Sculpt		6:00p Full Body Blast		6:00p Power Strength	Hannah	6:00pm Zumba 7:15p Yoga	Carolina Tiffany			9:00 Aq aerobics/ATC	Jennifer
						CVCLE CL. J				SUNDAY 9	)/5
CYCLE Studio		CYCLE Studio	5 .	CYCLE Studio	0 11:	CYCLE Studio		CYCLE Studio		GX Studio	
8:15a Cycle 6:00p Cycle		5:35am Cycle 6:00p Cycle	Betsy Geraldine	10:30a Cycle & strength	Geraldine	5:35a Cycle & strength 6:00p Cycle	Janice Heather	9:30a Cycle	Geraldine		
9:00a Aqua Zumba	Hannah	POOL 9:00a ATC 7:00p Aqua Tabata	Susie Kristi	POOL 9:00a Water Explosion	Heather	9:00a ATC 7:00p Aqua circuits	Rachael Phillip	9:00a Aqua Aerobics	Rachael		

MONDAY 9/6		TUESDAY 9/7		WEDNESDAY 9/8		THURSDAY 9/9		FRIDAY 9/10		SATURDAY 9/11	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
7:00a Monday Mix 8:00a Muscle strength	Betsy	8:00a Zumba	Carolina	5:35a Bootcamp 8:00a Danz Insanity	Phillip Gigi	8:15a Circuit Bootcamp	Michelle	7:00a Muscle strength 8:30a The Mix	Phillip Denae	8:15a Kickbox	Natalie
9:15a Bootcamp	•	9:00a Barre		9:00a Muscle Strength 10:30a Gentle Yoga	_	9:30a Back to Basics		9:30a Kickbox 10:30a Yoga	Natalie Paige		
LABOR DAY				· ·						CYCLE Studio 8:15a Cycle	Mia
No evening Classes		5:00p Butts & gutts	Heather	5pm Dynamic Defensive	Arts	4:30pm Fit Fun (4-6yr) 5:00pm Fit Fun (7-10yr)	Natalie Natalie			POOL	
		6pm Your inner athlete		with Jennifer 6:00p Power Strength	Hannah	6:00p Zumba 7:15p Yoga	Carolina Laura			9:00a Aqua Zumba	Hannah
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		SUNDAY 9 GX Studio	/12
9:00a Cycle		5:35am Cycle	Betsy Geraldine		Geraldine	5:35a Cycle & strength 6:00p Cycle	Janice Tricia		Geraldine	da Studio	
POOL		POOL		POOL		POOL		POOL			
9:00a Aqua Zumba	Hannah	9:00a ATC 7:00p Aqua Tabata	Susie Kristi	9:00a Water Explosion	Heather	9:00a ATC 7:00p Aqua circuits	Rachael Susie	9:00a Aqua Aerobics	Rachael		

MONDAY 9/13		TUESDAY 9/14		WEDNESDAY 9/15		THURSDAY 9/16		FRIDAY 9/17		SATURDAY 9/18	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Monday Mix	Betsy			5:35a Bootcamp	Phillip			7:00a Muscle strength	Phillip	8:15a Danz Insanity	Gigi
8:00a Muscle strength	Phillip	8:00a Zumba	Carolina	8:00a Danz Insanity	Gigi	8:15a Circuit Bootcamp	Michelle	8:30a The Mix	Heather		
9:30 Your Inner Athlete	Marisa	9:00a Barre	Heather	9:00a Muscle Strength	Denae	9:30a Back to Basics	Sarah	9:30a Kickbox	Natalie		
10:30 Dynamic Defensive	e Arts			10:30a Gentle Yoga	Laura			10:30a Yoga	Paige		
with Jennifer										CYCLE Studio	
										8:15a Cycle	Chris
						4:30pm Fit Fun (4-6yr)	Jennifer				
5:00p Teen Athletics	Geraldine	5:00p Butts & gutts	Heather	5pm Dynamic Defensive	Arts	5:00pm Fit Fun (7-10yr)	Jennifer			POOL	
6:00p Bootcamp	Geraldine	6pm Your inner athlete	Marisa	with Jennifer		6:00p Zumba	Carolina			9:00 Aq aerobics	Shearon
7:15pm Yoga Sculpt	Tiffany			6:00p Power Strength	Hannah	7:15p Yoga	Tiffany				
										SUNDAY	9/19
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio	3/ T3
9:30am Cycle	Heather	5:35am Cycle	Betsy	10:30a Cycle & strength	Geraldine	5:35a Cycle & strength	Janice				
6:00p Cycle	Betsy	6:00p Cycle	Betsy			6:00p Cycle	Tricia	9:30a Cycle	Geraldine		
POOL		POOL		POOL		POOL		POOL			
9:00a Aqua Zumba	Hannah	9:00a ATC	Susie	9:00a Water Explosion	Heather	9:00a ATC	Rachael	9:00a Aqua Aerobics	Rachael		
		7:00p Aqua Tabata	Kristi			7:00p Aqua circuits	Phillip				

MONDAY 9/20		TUESDAY 9/21		WEDNESDAY 9/22		THURSDAY 9/23		FRIDAY 9/24		SATURDAY 9/25	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Monday Mix 8:00a Muscle strength	Betsy Phillip	8:00a Zumba	Carolina	5:35a Bootcamp 8:00a Danz Insanity	Phillip Gigi	8:15a Circuit Bootcamp	Michelle	7:00a Muscle strength	Phillip	8:15a Muscle & cardio	Geraldine
9:30 Your Inner Athlete	•	9:00a Barre		•	•	9:30a Back to Basics		8:30a The Mix	Denae		
10:30 Dynamic Defensiv	€			10:30a Gentle Yoga	Laura			9:30a Kickbox	Natalie		
with Jennifer								10:30a Yoga	Paige	CYCLE Studio	
										8:15a Cycle	Heather
5 00 T ALL !!	0 11					4:30pm Fit Fun (4-6yr)	Jennifer			POOL	
5:00p Teen Athletics		5:00p Butts & gutts		5pm Dynamic Defensive A		5:00pm Fit Fun (7-10yr)	Jennifer				
6:00p Bootcamp		6pm Your inner athlete		with Jennifer		6:00p Zumba	Carolina			9:00 Aq aerobics	Kristi
7:15p Yoga	Tiffany			6:00p Power Strength	Hannah	7:15p Yoga	Tiffany				
										SUNDAY 9	/26
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio	
9:30am Cycle	Heather	5:35am Cycle	Betsy	10:30a Cycle & strength	Geraldine	5:35a Cycle & strength	Janice				
6:00p Cycle	Betsy	6:00p Cycle	Geraldine			6:00p Cycle	Tricia	9:30a Cycle	Geraldine		
POOL		POOL		POOL		POOL		POOL			
9:00a Aqua Zumba	Hannah			9:00a Water Explosion	Heather			9:00a Aqua Aerobics	Rachael		
		7:00p Aqua Tabata	Kristi			7:00p Aqua circuits	Phillip				

MONDAY 9/27		TUESDAY 9/28		WEDNESDAY 9/29		THURSDAY 9/30		FRIDAY 10/1		SATURDAY 10/2	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Monday Mix 8:00a Muscle strength	Betsy TBA	8:00a Zumba	Carolina	5:35a Bootcamp 8:00a Danz Insanity	Tricia Gigi	8:15a Circuit Bootcamp	Michelle	7:00a Muscle strength	ТВА	8:15a Muscle & cardio	Jamie
9:30 Your Inner Athlete 10:30 Dynamic Defensiv		9:00a Barre	Heather	9:00a Muscle Strength 10:30a Gentle Yoga	Denae Laura	9:30a Back to Basics	Sarah	8:30a The Mix 9:30a Turbokick	Heather Marisa		
with Jennifer								10:30a Yoga	_	CYCLE Studio 8:15a Cycle	Janice
5:00p Teen Athletics	Geraldine	5:00p Butts & gutts	Heather	5pm Dynamic Defensive <i>i</i>	Arts	4:30pm Fit Fun (4-6yr) 5:00pm Fit Fun (7-10yr)	Jennifer Jennifer			POOL	
6:00p Bootcamp 7:15pm Yoga Sculpt	Geraldine Tiffany	6pm Your inner athlete		with Jennifer 6:00p Power Strength	Hannah	6:00p Zumba 7:15p Yoga	Carolina Tiffany			9:00 Aq aerobics	Rachael
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		SUNDAY 10	)/3
9:30am Cycle	Heather	5:35am Cycle	Retsy			5:35a Cycle & strength	Janice			GX Studio	
6:00p Cycle		· ·	Geraldine	120.300 Cycle & Strength		6:00p Cycle		9:30a Cycle	Geraldine		
POOL		POOL		POOL		POOL		POOL			
9:00a Aqua Zumba	Hannah	7:00p Aqua Tabata	Kristi	9:00a Water Explosion	Heather	7:00p Aqua circuits	Susie	9:00a Aqua Aerobics	Jennifer		