

Summer 2016 Class Schedule

Starts May 31st - July 2nd

Monday

CHISEL 5:30pm (45 min)

Get an energizing cardiovascular workout and chisel (sculpt) your body.

SPIN CIRCUIT 5:30pm (50 min)

Indoor cycling at its best with an in and out of the saddle circuit training twist.

P90X 6:30pm (45 min)

Power, challenge and dig deep time.

Tuesday

PIYO 5:30pm (50min)

Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.

SHAZAMIT 6:30pm (45 min)

Dance it out with the most energizing moves.

SPIN CIRCUIT 6:30pm (50 min)

Indoor cycling at its best with an in and out of the saddle circuit training twist.

Wednesday

SPIN CIRCUIT 7:00am (50 min)

Indoor cycling at its best with an in and out of the saddle circuit training twist.

Thursday

STEP NOW 5:30pm (45 min)

Turning up the old & bringing the NOW and NEW Step.

SPIN CIRCUIT 5:30pm (50 min)

Indoor cycling at its best with an in and out of the saddle circuit training twist.

NITRO 6:30pm (45 min)

Turn it up, cardio it out with pump, kicks and pop rock music

Friday

SPIN CIRCUIT 7:00am (50 min)

Indoor cycling at its best with an in and out of the saddle circuit training twist.

Saturday

Weekly Rotation

**CIRCUIT TRAINING, SPIN CIRCUIT, P90X, NITRO, STEP NOW and SHAZAMIT
8:00am (45 min)**

Spin Class is not included in the unlimited class package.

Spin Class is an additional \$10 per month