

# Fit for Life 24 Group Fitness- APEX

## SMARTFIT360 Classes – HIGHLIGHTED in GREEN

December 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
6-6:45am					CYCLE-Tameka	
8:45-9:45 AM						BODYPUMP-Denisse
9-9:30am						<b>BOOTCAMP-Alecia/Thom</b>
9:30-10:15am					<b>HIIT TB -Darlina/Alecia</b>	
10-11am						BODYATTACK-Joel
12-1pm					SENIORS- Darlina	
2-3pm					BODYCOMBAT-Jen	
5:30-6:30PM					BODYPUMP-Christi	
	4	5	6	7	8	9
5:40-6:30am		BODYPUMP-Kathy	CYCLE-Chris	BODYPUMP-Tameka		
6-6:45am					CYCLE- Chris	
8:45-9:45 AM						BODYPUMP-Denisse
9-10am	<b>CORE --Alecia (30 min)</b> CYCLE- Michelle					<b>BOOTCAMP- ALECIA/THOM (30 min)</b>
9:30-10:30am	BODYCOMBAT- Judith	BODYPUMP-Sarah	CYLE/HIIT- Darlina	BODYPUMP-Tracey	<b>HIIT-Darlina/Alecia (30min)</b>	
10-11am						BODYATTACK-Joel
10:45-11:30am				SENIOR FIT- Carol		
11-12pm	SENIOR FIT- Carol	SENIOR FIT-Sarah				
12-1pm					SENIOR FIT- Darlina	
2-3pm	BODYPUMP-Tracey				BODYCOMBAT-Jen	
5:20-6:20pm	BODYPUMP-Brigitte					
5:30-6:30pm					BODYPUMP - Christi	
5:45-6:30pm		BODYATTACK-German(45 min)	ZUMBA- Anabel			
6-7pm	<b>HIIT-Thomas (30 MINUTES)</b> CYCLE/SCULPT- Darlina		<b>BOOTCAMP-Thomas (30 min)</b> CYCLE/SCULPT- Darlina	CYCLE/SCULPT- Darlina ZUMBA-Anabel		
6:30-7:30pm	BODYATTACK-Denisse (45MIN)	<b>CORE --Alecia (30 min)</b>	BODYPUMP-Denisse	<b>HIIT- Alecia (30 min)</b>		
7-8pm		ZUMBA-Anabel				
	11	12	13	14	15	16
5:40-6:30am		BODYPUMP-Kathy	CYCLE-Chris	BODYPUMP-Tameka		
6-6:45am					CYCLE- Chris	
8:45-9:45 AM						BODYPUMP-Denisse
9-10am	<b>CORE --Alecia (30 min)</b> CYCLE- Michelle					<b>BOOTCAMP- ALECIA/THOM (30 min)</b>
9:30-10:30am	BODYCOMBAT- Judith	BODYPUMP-Sarah	CYLE/HIIT- Darlina	BODYPUMP-Tracey	<b>HIIT-Darlina/Alecia (30min)</b>	
10-11am						BODYATTACK-Joel
10:45-11:30am				SENIOR FIT- Carol		
11-12pm	SENIOR FIT- Carol	SENIOR FIT-Sarah				
12-1pm					SENIOR FIT- Darlina	
2-3pm	BODYPUMP-Tracey				BODYCOMBAT-Jen	
5:20-6:20pm	BODYPUMP-Brigitte					
5:30-6:30pm					BODYPUMP - Christi	
5:45-6:30pm		BODYATTACK-German(45 min)	ZUMBA- Anabel			
6-7pm	<b>HIIT-Thomas (30 MINUTES)</b> CYCLE/SCULPT- Darlina		<b>BOOTCAMP-Thomas (30 min)</b> CYCLE/SCULPT- Darlina	CYCLE/SCULPT- Darlina ZUMBA-Anabel		
6:30-7:30pm	BODYATTACK-Denisse (45MIN)	<b>CORE --Alecia (30 min)</b>	BODYPUMP-Denisse	<b>HIIT- Alecia</b>		
7-8pm		ZUMBA-Anabel				

	18	19	20	21	22	23
5:40-6:30am		BODYPUMP-Kathy	CYCLE-Chris	BODYPUMP-Tameka		
6-6:45am					CYCLE- Chris	
8:45-9:45 AM						BODYPUMP-Denisse
9-10am	<b>CORE -Alecia (30 min)</b> CYCLE- Michelle					<b>BOOTCAMP- ALECIA/THOM (30 min)</b>
9:30-10:30am	BODYCOMBAT- Judith	BODYPUMP-Sarah	CYLE/HIIT- Darlina	BODYPUMP-Tracey	<b>HIIT-Darlina/Alecia (30min)</b>	
10-11am						BODYATTACK-Joel
10:45-11:30am				SENIOR FIT- Carol		
11-12pm	SENIOR FIT- Carol	SENIOR FIT-Sarah				
12-1pm					SENIOR FIT- Darlina	
2-3pm	BODYPUMP-Tracey				BODYCOMBAT-Jen	
5:20-6:20pm	BODYPUMP-Brigitte					
5:30-6:30pm					BODYPUMP - Christi	
5:45-6:30pm		BODYATTACK-German(45 min)	ZUMBA- Anabel			
6-7pm	<b>HIIT-Thomas (30 MINUTES)</b> CYCLE/SCULPT- Darlina		<b>BOOTCAMP-Thomas (30 min)</b> CYCLE/SCULPT- Darlina	CYCLE/SCULPT- Darlina ZUMBA-Anabel		
6:30-7:30pm	BODYATTACK-Denisse (45MIN)	<b>CORE --Alecia (30 min)</b>	BODYPUMP-Denisse	<b>HIIT- Alecia (30 min)</b>		
7-8pm		ZUMBA-Anabel				
	<b>25</b>	26	27	28	29	30
5:40-6:30am	<b>NO CLASSES</b>	BODYPUMP-Kathy	CYCLE-Chris	BODYPUMP-Tameka		
6-6:45am	<b>MERRY</b>				CYCLE- Chris	
8:45-9:45 AM	<b>CHRISTMAS!</b>					BODYPUMP-Denisse
9-10am						<b>BOOTCAMP- ALECIA/THOM (30 min)</b>
9:30-10:30am		BODYPUMP-Sarah	CYLE/HIIT- Darlina	BODYPUMP-Tracey	<b>HIIT-Darlina/Alecia (30min)</b>	
10-11am						BODYATTACK-Joel
10:45-11:30am				SENIOR FIT- Carol		
11-12pm		SENIOR FIT-Sarah				
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5:20-6:20pm						
5:30-6:30pm					BODYPUMP - Christi	
5:45-6:30pm		BODYATTACK Express-German	ZUMBA- Anabel			
6-7pm			<b>BOOTCAMP-Thomas (30 min)</b> CYCLE/SCULPT- Darlina	CYCLE/SCULPT- Darlina ZUMBA-Anabel		
6:30-7:30pm		<b>CORE --Alecia (30 min)</b>	BODYPUMP-Denisse	<b>HIIT- Alecia (30 min)</b>		
7-8pm		ZUMBA-Anabel				

**\*SMARTFIT360 is our signature class!** Burn up to 500 calories or more in 30 minutes while increasing muscle endurance, strength and power. Our high energy instructors will keep you motivated. Our specialized fitness program has 3 different workouts; HIIT Total Body, Bootcamp and Core Blast. This program is designated to keeping your heart rate in the "Smart" Zone while using your MyZone HRM. Ask our instructors about trying out one of our HRM.