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| Fit for Life 24 Group Fitness - APEX Image result for fall leaf SEPTEMBER 2018 Image result for fall leaf SMARTFIT CLASSES –HIGHLIGHTED IN GREEN (30 min. class) | | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  |  | **1** |
| 5:40-6:30am |  |  | CYCLE - Chris | BODYPUMP - Tameka |  |  |
| 6-6:45am |  |  |  |  | CYCLE - Tameka |  |
| 8:45-9:45 AM |  |  |  |  |  | BODYPUMP - Denisse |
| 9-10am |  |  | **CORE BLAST - ALECIA** |  | **CORE BLAST-Thomas/Alecia** | **Bootcamp - Thom/Alecia** |
| 9:30-10:30am |  |  |  | CYCLE SCUPT-Michelle (45min) | BODYPUMP - Latoya |  |
| 10-11am |  |  |  |  |  | BODYATTACK - Joel |
| 11-12pm |  |  | SENIOR FIT - Elaine | SENIOR FIT - Elaine | BODYCOMBAT - Jen |  |
| 2p-3pm |  |  |  |  |  |  |
| 5:30-6:30pm |  |  |  | BODYATTACK - Brigitte (45min) | BODYPUMP - Christi |  |
| 5:45-6:30p |  |  | ZUMBA - Anabel |  |  |  |
| 6p-7p |  |  | **HIIT LB - Ashley**  CYCLE SCULPT - Tameka | **INTRO TO SF - Ashley**  ZUMBA - Anabel (starts 6:15p) |  |  |
| 6:30-7:30p |  |  | BODYPUMP - Denisse/Tracey | **BOOTCAMP - Alecia** |  |  |
| 7-8p |  |  |  |  |  |  |
|  | **3** | **4** | **5** | **6** | **7** | **8** |
| 5:40-6:30am |  | BODYPUMP - Kathy | CYCLE - Chris | BODYPUMP - Tameka |  |  |
| 6-6:45am |  |  |  |  | CYCLE - Tameka |  |
| 8:45-9:45 AM |  |  |  |  |  | BODYPUMP - Denisse |
| 9-10am |  |  | **CORE BLAST - ALECIA** |  | **CORE BLAST - Thom/Alecia** | **Bootcamp - Thom/Alecia** |
| 9:30-10:30am |  | BODYPUMP - Sarah |  | CYCLE SCULPT -Michelle(45min) | BODYPUMP - Latoya |  |
| 10-11am |  |  |  |  |  | BODYATTACK - Joel |
| 11-12p | NO CLASS FOR LABOR DAY!!! | SENIOR FIT - Sarah | SENIOR FIT - Elaine | SENIOR FIT - Elaine | SENIOR FIT - Elaine (**starts at 11:30a)** |  |
| 12-1pm |  |  |  |  |  |  |
| 2-3pm |  |  |  |  | BODYCOMBAT - Jen |  |
| 5:30-6:30pm |  |  |  | BODYATTACK - Brigitte (45min) | BODYPUMP - Christi |  |
| 5:45-6:30pm |  | BODYATTACK - German**(45 min)** | ZUMBA - Anabel |  |  |  |
| 6-7pm |  |  | **HIIT LB-Ashley**  CYCLE SCULPT- Tameka | INTRO TO SF- Ashley  ZUMBA -Anabel(starts 6:15pm) |  |  |
| 6:30-7:30pm |  | **CORE BLAST - Alecia** | BODYPUMP - Denisse/Tracey | **Bootcamp- ALECIA** |  |  |
| 7-8pm |  | ZUMBA - Anabel |  |  |  |  |
|  | **10** | **11** | **12** | **13** | **14** | **15** |
| 5:40-6:30am |  | BODYPUMP - Kathy | CYCLE - Chris | BODYPUMP - Tameka |  |  |
| 6-6:45am |  |  |  |  | CYCLE - Tameka |  |
| 8:45-9:45am |  |  |  |  |  | BODYPUMP - Denisse |
| 9-10am | **Bootcamp** |  | **CORE BLAST - Alecia** |  | **CORE BLAST-Thom/Alecia** | BOOTCAMP |
| 9:30-10:30am | BODYCOMBAT - Judithe | BODYPUMP - Kathy |  | CYCLE SCULPT -Michelle(45min) | BODYPUMP - Latoya |  |
| 10-11am |  |  |  |  |  | BODYATTACK - Joel |
| 11-12pm |  | SENIOR FIT - Sarah | SENIOR FIT- Elaine | SENIOR FIT - Elaine | SENIOR FIT -Elaine (**starts at 11:30a)** |  |
| 12-1PM |  |  | MEMBER APPRECIATION DAY AT 4:00PM! Food, Fun & Prizes! |  |  |  |
| 2-3pm | BODYPUMP-Latoya |  |  |  | BODYCOMBAT - Jen |  |
| 5:30-6:30pm | BODYPUMP-Brigitte |  |  | BODYATTACK - Brigitte (45min) | BODYPUMP - Christi |  |
| 5:45-6:30pm |  | BODYATTACK - German**(45 min)** | ZUMBA - Anabel |  |  |  |
| 6-7pm | **HIIT UB-Ashley**  CYCLE SCULPT - Chris |  | **HIIT LB-Ashley**  CYCLE SCULPT - Tameka | INTRO TO SF - Ashley  ZUMBA - Anabel (Starts 6:15pm) |  |  |
| 6:30-7:30pm | BODYATTACK - Denisse **(45MIN)** | **CORE BLAST - Alecia** | BODYPUMP-Denisse/Tracey | BOOTCAMP – Alecia |  |  |
| 7-8pm |  | ZUMBA-Anabel |  |  |  | **TURN OVER→** |
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|  |  |  |  |  |  |  |
|  | **17** | **18** | **19** | **20** | **21** | **22** |
| 5:40-6:30am |  | BODYPUMP - Kathy | CYCLE - Chris | BODYPUMP - Tameka |  |  |
| 6-6:45am |  |  |  |  | CYCLE - Tameka |  |
| 8:45-9:45am |  |  |  |  |  | BODYPUMP - Denisse |
| 9-10am | **Bootcamp - Thom/Alecia** |  | **CORE BLAST - Alecia** |  | **CORE BLAST - Thom/Alecia** | BOOTCAMP |
| 9:30-10:30am | BODYCOMBAT - Judithe | BODYPUMP - Sarah |  | CYCLE SCULPT -Michelle(45min) | BODYPUMP - Latoya |  |
| 10-11am |  |  |  |  |  | BODYATTACK - Joel |
| 11-12pm |  | SENIOR FIT - Sarah | SENIOR FIT - Elaine | SENIOR FIT - Elaine | SENIOR FIT-Elaine (**starts at 11:30a)** |  |
| 12-1PM |  |  |  |  |  |  |
| 2-3pm | BODYPUMP - Latoya |  |  |  | BODYCOMBAT - Jen |  |
| 5:30-6:30pm | BODYPUMP - Brigitte |  |  | BODYATTACK - Brigitte (45min) | BODYPUMP - Christi |  |
| 5:45-6:30pm |  | BODYATTACK - German**(45 min)** | ZUMBA - Anabel |  |  |  |
| 6-7pm | **HIIT UB - Ashley**  CYCLE SCULPT - Chris |  | **HIIT LB - Ashley**  CYCLE SCULPT- Tameka | INTRO TO SF - Ashley  ZUMBA - Anabel starts 6:15pm |  |  |
| 6:30-7:30pm | BODYATTACK-Denisse **(45MIN)** | **CORE BLAST - Alecia** | BODYPUMP-Denisse/Tracey | BOOTCAMP - Alecia |  |  |
| 7-8pm |  | ZUMBA - Anabel |  |  |  |  |
|  | **24** | **25** | **26** | **27** | **28** | **29** |
| 5:40-6:30am |  | BODYPUMP - Kathy | CYCLE - Chris | BODYPUMP - Tameka |  |  |
| 6-6:45am |  |  |  |  | CYCLE - Tameka |  |
| 8:45-9:45am |  |  |  |  |  | BODYPUMP - Denisse |
| 9-10am | **CORE BLAST - Alecia** |  | **CORE BLAST - Alecia** |  | **CORE BLAST - Thom/Alecia** | BOOTCAMP |
| 9:30-10:30am | BODYCOMBAT - Judithe | BODYPUMP - Sarah |  | CYCLE SCULPT–Tameka  (45min) | BODYPUMP - Latoya |  |
| 10-11am |  |  |  |  |  | BODYATTACK - Joel |
| 11-12pm |  | SENIOR FIT - Sarah | SENIOR FIT - Elaine | SENIOR FIT - Elaine | SENIOR FIT - Elaine (starts at 11:30a) |  |
| 12-1PM |  |  |  |  |  |  |
| 2-3pm | BODYPUMP - Latoya |  |  |  | BODYCOMBAT - Jen |  |
| 5:30-6:30pm | BODYPUMP - Brigitte |  |  | BODYATTACK - Brigitte (45min) | BODYPUMP - Christi |  |
| 5:45-6:30pm |  | BODYATTACK - German (45min) | ZUMBA - Anabel |  |  |  |
| 6-7pm | HIIT UB - Ashley  CYCLE SCULPT - Chris | **COREBLAST - Alecia** | **HIIT LB - Ashley**  CYCLE SCULPT - Tameka | **INTRO TO SF - Ashley**  ZUMBA - Anabel starts 6:15p |  |  |
| 6:30-7:30pm | BODYATTACK - Denisse (45min) | ZUMBA - Anabel | BODYPUMP - Denisse/Tracey | **BOOTCAMP - Alecia** |  |  |
| 7-8pm |  |  |  |  |  |  |

***\*SMARTFIT360*** *is our signature class! Burn up to 600 calories or more in 30 minutes while increasing muscle endurance, strength & 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.*

***BODYPUMP****™* is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to [540 calories](https://www.lesmills.com/knowledge/fitness-research/calorie-burn/)\*. Instructors will coach you through the [scientifically proven](https://www.lesmills.com/knowledge/fitness-research/the-rep-effect/) moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You’ll leave the class feeling challenged and motivated, ready to come back for more. (LesMills)

***BODYATTACK****™* is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to [730 calories](https://www.lesmills.com/knowledge/fitness-research/calorie-burn/)\* and leaving you with a sense of achievement (LesMills)   
***BODYCOMBAT*** is a workout you’ll punch and kick your way to fitness, burning up to [740 calories](https://www.lesmills.com/knowledge/fitness-research/calorie-burn/)\* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You’ll release stress, have a blast and feel like a champ.

***CYCLE***  Our instructors emphasize on endurance, strength, intervals, high intensity and recovery.

***CYCLE HIIT*** is a High Intensity Interval Training/cycle class that is muscle building, hill climbing/sprinting and calorie burning all while working in short 30-45 second rotations. Bring your A game and burn up to 600+ calories. All fitness levels from beginners to advance.