

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5:40-6:30am			CYCLE - Chris	BODYPUMP- Tameka		
6-6:45am					CYCLE- Tameka	
8:45-9:45 AM						BODYPUMP-Denisse
9-10am			<b>CORE BLAST - ALECIA</b>		<b>CORE BLAST-Thomas/Alecia</b>	<b>Bootcamp- Thom/Alecia</b>
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			<b>HIIT LB – Ashley</b>	<b>INTRO TO SF – Ashley</b>		
			CYCLE SCULPT - Tameka	ZUMBA –Anabel (starts 6:15p)		
6:30-7:30p			BODYPUMP – Denisse/Tracey	<b>BOOTCAMP - Alecia</b>		
7-8p						
	6	7	8	9	10	11
5:40-6:30am		BODYPUMP-Kathy	CYCLE-Chris	BODYPUMP-Tameka		
6-6:45am					CYCLE- Tameka	
8:45-9:45 AM						BODYPUMP-Denisse
9-10am	<b>CORE BLAST –Alecia</b>		<b>CORE BLAST –ALECIA</b>		<b>CORE BLAST-Thom/Alecia</b>	<b>Bootcamp- Thom/Alecia</b>
9:30-10:30am	<b>BODYCOMBAT CANCELLED!!</b>	BODYPUMP-Sarah		CYCLE SCULPT-Michelle(45min)	BODYPUMP-Latoya	
10-11am						BODYATTACK-Joel
11-12p		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	<b>HIIT UB-Ashley</b>		<b>HIIT LB-Ashley</b>	<b>INTRO TO SF- Ashley</b>		
	CYCLE SCULPT- Chris		CYCLE SCULPT- Tameka	ZUMBA-Anabel(starts 6:15pm)		
6:30-7:30pm	BODYATTACK-Denisse (45MIN)	<b>CORE BLAST-Alecia</b>	BODYPUMP-Denisse/Tracey	<b>Bootcamp- ALECIA</b>		
7-8pm		ZUMBA-Anabel				
	13	14	15	16	17	18
5:40-6:30am		BODYPUMP-Kathy	CYCLE-Chris	BODYPUMP-Tameka		
6-6:45am					CYCLE- Tameka	
8:45-9:45am						BODYPUMP-Denisse
9-10am	<b>CORE BLAST-Alecia</b>		<b>CORE BLAST - Alecia</b>		<b>CORE BLAST-Thom/Alecia</b>	<b>Bootcamp- Thom/Alecia</b>
9:30-10:30am	<b>BODYCOMBAT CANCELLED!!</b>	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						
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	<b>HIIT UB-Ashley</b>		<b>HIIT LB-Ashley</b>	<b>INTRO TO SF- Ashley</b>		
	CYCLE SCULPT- Chris		CYCLE SCULPT- Tameka	<b>ZUMBA-MaryKate (starts 6:15pm)</b>		
6:30-7:30pm	BODYATTACK-Denisse (45MIN)	<b>CORE BLAST-Alecia</b>	BODYPUMP-Denisse/Tracey	<b>Bootcamp- Alecia</b>		
7-8pm		ZUMBA-Anabel				<b>TURN OVER→</b>

	20	21	22	23	24	25
5:40-6:30am		BODYPUMP-Kathy	CYCLE-Chris	BODYPUMP-Tameka		
6-6:45am					CYCLE- Tameka	BODYPUMP - Denisse
8:45-9:45am						<b>Bootcamp – Thom/Alecia</b>
9-10am	<b>CORE BLAST- Alecia</b>		<b>CORE BLAST-Alecia</b>		<b>CORE BLAST-Thom/Alecia</b>	
9:30-10:30am	<b>BODYCOMBAT CANCELLED!</b>	BODYPUMP-Sarah		CYCLE SCULPT-Michelle(45min)	BODYPUMP-Latoya	BODYATTACK - Joel
10-11am						
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	<b>HIIT UB-Ashley</b> CYCLE SCULPT- Chris		<b>HIIT LB-Ashley</b> CYCLE SCULPT- Tameka	<b>INTRO TO SF- Ashley</b> ZUMBA-Anabel (starts 6:15pm)		
6:30-7:30pm	BODYATTACK-Denisse (45MIN)	<b>CORE BLAST-Alecia</b>	BODYPUMP-Denisse/Tracey	<b>Bootcamp- Alecia</b>		
7-8pm		<b>ZUMBA-Coleman</b>				
	27	28	29	30	31	
5:40-6:30am		BODYPUMP - Kathy	CYCLE - Chris	BODYPUMP - Tameka		
6-6:45am					CYCLE - Tameka	
8:45-9:45am						
9-10am	<b>CORE BLAST - Alecia</b>		<b>CORE BLAST - Alecia</b>		<b>CORE BLAST – Thom/Alecia</b>	
9:30-10:30am	BODYCOMBAT - Judithe	BODYPUMP - Sarah		CYCLE SCULPT–Michelle (45min)	BODYPUMP - Latoya	
10-11am						
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	<b>COREBLAST - Alecia</b>	<b>HIIT LB – Ashley</b> CYCLE SCULPT - Tameka	<b>INTRO TO SF – Ashley</b> ZUMBA – Anabel (starts 6:15p)		
6:30-7:30pm	BODYATTACK – Denisse (45min)	ZUMBA - Anabel	BODYPUMP – Denisse/Tracey	<b>BOOTCAMP - Alecia</b>		
7-8pm						

**\*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.

**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\***. Instructors will coach you through the **scientifically proven** 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\*** 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\*** 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. (LesMills)

**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.

[CYCLE SCULPT](#) is a workout that incorporates either light strength training or core along with cycling all in one class. If you are new to indoor cycle this is the class for you.

[SENIOR FUNCTIONAL & CARDIO SCULPT](#) our Instructors workouts are to help our Seniors benefit from regularly scheduled activity. The workouts are designed to improve our Seniors quality of life. We are proud partners of both Silver Sneakers and Silver & Fit.

[ZUMBA](#) Our Zumba class is designated to bring people together to sweat it out. It is a total body workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.