				November 2017	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:40-6:30am- Group Cycle (Chris) 9:00-9:30am- SMARTEIT CORE(Alecia) 9:30-10:30am- Cycle HIIT(Darlina) 5:45pm-6:30pm-Zumba (Anabel) 6-7pm- Cycle Sculpt (Darlina) 6-6:30PM-SMARTEIT Bootcamp(Thomas) 6:30-7:30pm-BodyPump (Denisse)	5:40-6:40am-Body Pump (Tameka) 9:30-10:30am-BodyPump (Tracey) 10:45-11:30am-Senior Cardio Sculpt (Carol) 6-7pm- Cycle Sculpt (Darlina/Team) 6-7pm-Zumba (Anabel) 6:30-7PM-SMARTEIT HIIT TB(Alecia)	2 3 6-6:45am-Group Cycle 12-1pm- Senior Functional (Carol/Darlina) 2-3pm -BodyCombat (Jen) 5:30-6:30pm-BodyPump (Christi)	8:45-9:45am-BodyPump (Denisse) 9-9:30am-SMARTFIT BOOTCAMP (Alecia/Thomas) 10-11am-BodyAttack (Joel)
	5	000		9	2
9-9:30AM- SMARTFIT CORE (Alecia) 9-10am- Cycle Sculpt (Michelle) 9:30-10:30-BodyCombat (Judithe) 11-12pm-Senior Functional(Carol) 2-3pm- BodyPump(Tracey) 5:20-6:20pm-BodyPump(Brigitte) 6-6:30pm-SMARTFIT HIIT TB(Thomas)	5:40-6:40am-BodyPump(Kathy) 9:30-5:40-6:30am-Group Cycle (Chris) 10:30am-BodyPump (Sarah) 11- 12pm-Senior Functional (Sarah) 6-6:30pm-Core to the Floor (Alecia) 6:30-7Pm- SMARTFIT TB (Alecia) 6:30-7:15-BodyAttack Express (German) 5:40-6:30am-Group Cycle (Chris) 9:00-9:30am-SMARTFIT CORE(A) 9:30-10:30am-Cycle HIIT(Darlina) 6:45pm-6:30pm-Cycle Sculpt (Darlina) 6-6:30PM-SMARTFIT Bootcamp(1) 6-6:30PM-SMARTFIT Bootcamp(1)	lecia)	5:40-6:40am-Body Pump (Tameka) 9:30-10:30am-BodyPump (Tracey) 10:45-11:30am-Senior Cardio Sculpt (Carol) 6-7pm-Cycle Sculpt (Darlina/Team) 6-7pm-Zumba (Anabel) 6:30-7PM-SMARTFIT HIIT TB(Alecia)	AGE 6-6:45am-Group Cycle NEW CLASS: 9:30-10:15am- SMARTFIT TOTAL BODY HIIT/BOOTCAMP (Alecia/Darlina) 12-1pm- Senior Functional (Carol/Darlina) 2-3pm -BodyCombat (Jen)	8:45-9:45am-BodyPump (Denisse) 9-9:30am- SMARTFIT BOOTCAMP (Alecia/Thomas) 10-11am-BodyAttack (Joel)
13	17	40	4		
9-9:30AM- SMARTFIT CORE (Alecia) 9-10am- Cycle Sculpt (Michelle)	5:40-6:40am- BodyPump(Kathy) 9:30- 5:40-6:30am- Group Cycle (Chris) 10:30am-BodyPump (Sarah) 11- 9:00-9:30am- SMARTFIT CORE(A)	ecia)	5:40-6:40am-Body Pump (Tracey)	6-6:45am-Group Cycle	8:45-9:45am-BodyPump (Denisse)
9:30-10:30-BodyCombat (Judithe)	12pm-Senior Functional (Sarah)	_	10:45-11:30am-Senior Cardio Sculpt		(Alecia/Thomas)
2-3pm- BodyPump(Tracey)	6:30-7Pm- SMARTFIT TB (Alecia)		6-7pm-Cycle Sculpt (Darlina/Team)	Functional	10-11am-BodyAttack (Joel)
6-6:30pm-SMARTFIT HIIT TB(Thomas)	(German)	6:30-7:30pm-BodyPump (Denisse)	6:30-7PM-SMARTFIT HIIT TB(Alecia)	(Carol/Darlina) 2-3pm -BodyCombat (Jen)	
6-7pm- Cycle Sculpt (Darlina) 6:30-7:15-BodyAttack Express (Denisse)	7-8PM-Zumba (Anabel)			5:30-6:30pm-BodyPump (Christi)	
20	. 21	22	28		
cia)	5:40-6:40am-BodyPump(Kathy) 9		THANKSGIVING	BLACK FRIDAY SPECIAL	8:45-9:45am-BodyPump (Denisse)
9-10am- Cycle Sculpt (Michelle) 9:30-10:30-BodyCombat (Judithe)	10:30am-BodyPump (Sarah) 11- 12pm-Senior Functional (Sarah)	9:00-9:30am- SMARTFIT CORE(Alecia) 9:30-10:30am- Cycle HIIT(Darlina)	SPECIAL CLASSES		9-9:30am- SMARTFIT BOOTCAMP
11-12pm-Senior Functional(Carol)	a)	5:45pm-6:30pm-Zumba (Anabel)	TBA	TBA	(Alecia/ Fromas) 10-11am-BodyAttack (Joel)
2-3pm- BodyPump(Tracey)	ia)	6-7pm- Cycle Sculpt (Darlina)			
6-6:30pm-SMARTFIT HIIT TB(Thomas)	(German)	6:30-7:30pm-BodyPump (Denisse)			
6-7pm- Cycle Sculpt (Darlina) 6:30-7:15-BodyAttack Express (Denisse)	mba (Anabel)	,			
26	27	28	29	30	Dacamhar
9-9:30AM- SMARTFIT CORE (Alecia)	5:40-6:40am- BodyPijmp(Kathy) 9:30-5:40-6:30am- Group Cycle (Chris)			30	December 1
9-10am- Cycle Sculpt (Michelle)	10:30am-BodyPump (Sarah) 11-	ecia)	9:30-10:30am-BodyPump (Tracey)	NEW CLASS: 9:30-10:15am-	9-9:30am- SMARTFIT BOOTCAMP
9:30-10:30-BodyCombat (Judithe) 11-12pm-Senior Functional(Carol)	12pm-Senior Functional (Sarah)	9:30-10:30am- Cycle HIIT(Darlina)	10:45-11:30am-Senior Cardio Sculpt		(Alecia/Thomas)
	ia)		6-7pm- Cycle Sculpt (Darlina/Team)	12-1pm- Senior Functional	10-11am-BodyAttack (Joel)
6-6:30pm-SMARTFIT HIIT TB(Thomas)	(German)	6:30-7:30pm-BodyPump (Denisse)	6-7pm-Zumba (Anabel) 6:30-7PM-SMARTFIT HIIT TB(Alecia)	(Carol/Darlina) 2-3pm -BodyCombat (Jen)	
6-7pm- Cycle Sculpt (Darlina) 6:30-7:15-BodyAttack Express (Denisse)	7-8PM-Zumba (Anabel)			5:30-6:30pm-BodyPump (Christi)	

GROUP FITNESS/SMARFIT 360 CLASS DESCRIPTIONS



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

class feeling challenged and motivated, ready to come back for more._(LesMills class) and techniques pumping out encouragement, motivation and great music - helping you achieve much more than on your own! You'll leave the BODYPUMP gives you a total body workout. It will burn up to 540 calories*. Instructors will coach you through the scientifically proven moves BODYPUMP is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition,

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 class) running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes BODYATTACK is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like

Step into a <u>BODYCOMBAT</u> workout and you'll punch and kick your way to fitness, burning up to <u>740 calories</u>* 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 class)

cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class **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 –

and recovery GROUP CYCLE is a great way to get an early morning workout. Our instructors emphasize on endurance, strength, intervals, high intensity

workouts this is the class for you. CYCLE SCULPT is a workout that incorporates light strength training, core and cycle all in one class. If you are new to cycle, strength and core

short 45-60 second rotations. A 60 minute class...bring your A game and burn up to 700 calories. All fitness levels from beginners to advance. CYCLE HIIT is a High Intensity Interval Training class that is muscle building, hill climbing/sprinting and calorie burning all while working in

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