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| **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 |  |  |  |  |  | **BOOTCAMP-Alecia/Thom** |
| 9:30-10:15am |  |  |  |  | **HIIT TB -Darlina/Alecia** |  |
| 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 | **CORE --Alecia (30 min)** CYCLE- Michelle |  |  |  |  | **BOOTCAMP- ALECIA/THOM****(30 min)** |
| 9:30-10:30am | BODYCOMBAT- Judith | BODYPUMP-Sarah | CYLE/HIIT- Darlina | BODYPUMP-Tracey | **HIIT-Darlina/Alecia (30min)** |  |
| 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 |  **HIIT-Thomas (30 MINUTES)** CYCLE/SCULPT- Darlina |  | **BOOTCAMP-Thomas (30 min)** CYCLE/SCULPT- Darlina | CYCLE/SCULPT- DarlinaZUMBA-Anabel |  |  |
| 6:30-7:30pm | BODYATTACK-Denisse **(45MIN)** | **CORE --Alecia (30 min)** | BODYPUMP-Denisse | **HIIT- Alecia (30 min)** |  |  |
| 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 | **CORE --Alecia (30 min)**CYCLE- Michelle |  |  |  |  | **BOOTCAMP- ALECIA/THOM****(30 min)** |
| 9:30-10:30am | BODYCOMBAT- Judith | BODYPUMP-Sarah | CYLE/HIIT- Darlina | BODYPUMP-Tracey | **HIIT-Darlina/Alecia (30min)** |  |
| 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 |  **HIIT-Thomas (30 MINUTES)** CYCLE/SCULPT- Darlina |  | **BOOTCAMP-Thomas (30 min)**CYCLE/SCULPT- Darlina | CYCLE/SCULPT- DarlinaZUMBA-Anabel |  |  |
| 6:30-7:30pm | BODYATTACK-Denisse **(45MIN)** | **CORE --Alecia (30 min)** | BODYPUMP-Denisse | **HIIT- Alecia** |  |  |
| 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 | **CORE -Alecia (30 min)**CYCLE- Michelle |  |  |  |  | **BOOTCAMP- ALECIA/THOM****(30 min)** |
| 9:30-10:30am | BODYCOMBAT- Judith | BODYPUMP-Sarah | CYLE/HIIT- Darlina | BODYPUMP-Tracey | **HIIT-Darlina/Alecia (30min)** |  |
| 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 |  **HIIT-Thomas (30 MINUTES)** CYCLE/SCULPT- Darlina |  | **BOOTCAMP-Thomas (30 min)**CYCLE/SCULPT- Darlina | CYCLE/SCULPT- DarlinaZUMBA-Anabel |  |  |
| 6:30-7:30pm | BODYATTACK-Denisse **(45MIN)** | **CORE --Alecia (30 min)** | BODYPUMP-Denisse | **HIIT- Alecia (30 min)** |  |  |
| 7-8pm |  | ZUMBA-Anabel |  |  |  |  |
|  | 25 | 26 | 27 | 28 | 29 | 30 |
| 5:40-6:30am | **NO CLASSES** | BODYPUMP-Kathy | CYCLE-Chris | BODYPUMP-Tameka |  |  |
| 6-6:45am | **MERRY** |  |  |  | CYCLE- Chris |  |
| 8:45-9:45 AM | **CHRISTMAS!** |  |  |  |  | BODYPUMP-Denisse |
| 9-10am |  |  |  |  |  | **BOOTCAMP- ALECIA/THOM****(30 min)** |
| 9:30-10:30am |  | BODYPUMP-Sarah | CYLE/HIIT- Darlina | BODYPUMP-Tracey | **HIIT-Darlina/Alecia (30min)** |  |
|  |  |  |  |  |  |  |
| 10-11am |  |  |  |  |  | BODYATTACK-Joel |
| 10:45-11:30am |  |  |  | SENIOR FIT- Carol |  |  |
| 11-12pm |  | SENIOR FIT-Sarah |  |  |  |  |
| 12-1pm |  |  |  |  | SENIOR FIT- Darlina |  |
| 2-3pm |  |  |  |  | BODYCOMBAT-Jen |  |
| 5:20-6:20pm |  |  |  |  |  |  |
| 5:30-6:30pm |  |  |  |  | BODYPUMP - Christi |  |
| 5:45-6:30pm |  | BODYATTACK Express-German | ZUMBA- Anabel |  |  |  |
| 6-7pm |   |  | **BOOTCAMP-Thomas (30 min)**CYCLE/SCULPT- Darlina | CYCLE/SCULPT- DarlinaZUMBA-Anabel |  |  |
| 6:30-7:30pm |  | **CORE --Alecia (30 min)** | BODYPUMP-Denisse | **HIIT- Alecia (30 min)** |  |  |
| 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.