

GROUP EXERCISE SCHEDULE

Effective March 24th, 2017

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
7-8:00am	Primetime Step (Wally)	5:30-6:30am "Basic Training" BOOTCAMP By appointment only (Chris)		5:30-6:30am "Basic Training" BOOTCAMP By appointment only (Chris)	Primetime Step (Wally)	
9:00am		Toning (Rachael)			Power Yoga (Rachael)	8:30 ZUMBA (Tracey)
9:15am	Xtreme Cycling (Rachael)		Xtreme Cycling (Rachael)			9:30 Xtrem Cycling (Rachael)
10:00am		"Weights/ Cardio" BOOTCAMP** (Chris)	10:15 Pilates/Yoga (Rachael)		"Circuits/ Boxing" BOOTCAMP** (Chris)	"High Intensity Circuits" BOOTCAMP** (Chris)
4-5		Bugamese- American Mixed Martial Arts (See instructor for pricing and more info)		Bugamese- American Mixed Martial Arts (See instructor for pricing and more info)		
5:15pm	Pilates/Yoga (Rachael)	5:30pm "Beginner" Bootcamp FREE (Chris)	Kick Boxing (Laura)			
6:15pm	"High Intensity Weight Train- ing" BOOTCAMP** "Chris"		"Plyometrics/ Total Body" BOOTCAMP** (Chris)	6PM "Stability/Core" BOOTCAMP** (Chris)	6PM "Boxing/ Circuits" BOOTCAMP** By appointment only (Chris)	
7:30pm	Tai Chi (See instructor for pricing and info)	Aikido- Self Defense/ Martial Arts (See instructor for more info)	Tai Chi (See instructor for pricing and more info)	Aikido- Self Defense/ Martial Arts (See instructor for more info)		

- BOOTCAMPS**: Please see the front desk for more information or to sign-up. Punch cards are available. Bootcamp classes are for members and nonmembers. Bootcamps are an additional charge. These classes will be ongoing, in 4 week increments. Classes can be joined at any time.
- All classes are one hour in length unless otherwise noted.
- Xtreme cycling classes are "first come, first serve" on available bikes.
- Classes with low numbers are subject to cancellation.
- Schedule may change without notice.