

FEB 2020

# GROUP FITNESS

## Monday

12pm	HIIT The Barre	Karen
1pm	Core	Thomas
5:30pm	Rip N' Ride	Malik
5:30pm	Club Vibe	Angela

## Tuesday

6am	Turn & Burn	Guillermo
6am	Yoga	Lisa
12pm	HIIT 45	Angie
5:30pm	Boot Camp	Lisa

## Wednesday

6am	Boot Camp	Guillermo
12pm	Yoga	Karen
5:30pm	Rip N' Ride	Malik
5:30pm	Club Vibe	Angela

## Thursday

6am	Body Blast	En Phiniti
12pm	Turn & Burn	Guillermo
12:15pm	Butts & Guts	Karen
5:30pm	Fitness Yoga	Essud

## Friday

6am	Rip N' Ride	Guillermo
12pm	Stretch & Recovery	Malik

## Class Descriptions

**Body Blast:** A mid-high impact class designed to burn fat while using resistance training to build lean mass and tone muscles.

**Boot Camp:** High intensity full body workout that includes various types of equipment.

**Butts & Guts:** 30 Min high intensity class focusing on glutes and abs.

**Club Vibe:** Studio style dance meets cutting edge fitness in this explosive dance workout.

**Core:** 30 Min session focusing on all aspects of core training.

**Fitness Yoga:** A more intense Yoga training designed to push your limits.

**HIIT 45:** Timed intervals that alternate between work and rest to improve overall performance, increase stamina and build strength.

**HIIT The Barre:** A fusion of yoga, ballet, pilates and classic strength training. Low impact and a challenge for all fitness levels.

**Rip N' Ride:** Cycle class that adds free weights for resistance toning and building upper body strength.

**Stretch & Recovery:** 30 Min session used to lengthen and relax your muscles

**Turn & Burn:** Cycle class incorporating interval training, hills and sprints to improve endurance.

**Yoga:** Integration of breathing and posture movements to help increase flexibility, balance and strength. Learn body awareness, optimal posture and body mechanics. All fitness levels welcome.

All classes are 45 minutes, unless otherwise stated in the description.