

GROUP X CLASS SCHEDULE



SPIN CLASS

MIND/BODY

CARDIO/STRENGTH

SHIRLEY XTREME April - June 2024

MON

TUE

WED

THU

FRI

SAT

MORNING

AFTERNOON / EVENING

	MON	TUE	WED	THU	FRI	SAT
		5:45 SPINNING Studio 2- Jennica		5:45 SPINNING Studio 2- Jennica		
					8:30 SPINNING Studio 2- Jennica	8:30 SPINNING Studio 2- Kim
	9:30 SPINNING Studio 2- Renae	9:30 SPINNING Studio 2- Nina	9:00 UniqueXpress ENCORE 30 Studio 1- Danielle	9:30 SPINNING Studio 2- Christine		9:30 TOTAL BODY Studio 1- Kim
		9:30 ZUMBA Studio 1- Vicki	9:30 MAX BURN Studio 1- Danielle	9:30 Step & Tone Studio 1- Kim	9:30 KICKBOXING BOOTCAMP Studio 1- Nina	
	10:30 TOTAL BODY Studio 1- Renae	10:30 INTERVAL INSANITY Studio 1- Nina	10:30 POP PILATES Studio 1- Sabrina	10:30 TOTAL BODY Studio 1- Kim	10:30 TOTAL BODY Studio 1- Nina	
		11:30 SILVER SNEAKERS Studio 1- Laura		11:30 SILVER SNEAKERS Studio 1- Kim		
						SUN
						MORNING
						8:00 SPINNING Studio 2- Michele
	5:30 TOTAL BODY Studio 1- Kim		5:30 TOTAL BODY Studio 1- Jennica			9:00 ZUMBA Studio 1- Treena
	6:30 SPINNING Studio 2-Jennica		6:30 SPINNING Studio 2-Michele		6:00 ZUMBA Studio 1-Treena	10:00 YOGA Studio 1-Kim
	6:30 ZUMBA Studio 1- Nicole	6:30 YOGA Studio 1-Erik	6:30 ZUMBA Studio 1-Maritza	6:30 MAX BURN Studio 1-Sue		

RESERVATIONS REQUIRED FOR ALL CLASSES

GROUP X CLASS SCHEDULE

APRIL-JUNE 2024*




* SOME CLASSES LISTED ARE NOT ON CURRENT SCHEDULE *

CARDIO & STRENGTH BASED CLASSES

SILVER SNEAKERS	Classic -Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support.
ZUMBA™	Are you ready to dance yourself into shape? An exhilarating, effective, easy-to-follow, latin-inspired, calorie burning dance fitness party. It never was so much fun to lost weight!
INTERVAL INSANITY	An insane interval workout that involves alternating high intensity exercises with low intensity strength training to build endurance and burn insane calories. Brave enough to face the insanity?
TOTAL BODY	Combine muscle conditioning with light cardio to boost your metabolism, burn calories and lose weight. Sculpt and tone your entire body using free weights, body bars, barbells, medicine balls, stability balls, bosu balls, resistance bands and kettle bells. Class varies per instructor...never the same workout!
KICK BOX BOOT CAMP	A combination of cardio kickboxing with punching bags, weights and traditional boot camp drills for a fast-paced, calorie-blasting workout that will slowly build your strength and endurance for the best you that you can be.
ZUMBA TONING	Zumba Toning combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party. Hand weights will be used to tone your target zones, including arms, abs, and thighs. No dancing experience required.
MAX BURN	Max Burn training is designed to build muscle and scorch body fat utilizing specific training intervals that will torch those calories. But don't worry - there is recovery, too!
HARD CORE	Power up your core using stability ball, weights and more for a total body workout! You will improve strength, increase flexibility and core stability and enhance posture while improving muscle tone for a longer, leaner physique. You will leave feeling powerful!

SPINNING CLASSES

	This is a 45 or 60 min ride. Spinning classes can burn anywhere from 600-1000 calories depending on the intensity of the instructor and the amount that you push yourself. It relies on a combination of fast-paced cycling and strategic lighter rest intervals to get you recovered for the next burst. This ride will improve your endurance and muscular strength through low impact/high intensity work sure to leave you drenched in sweat, yet inspired to come back for more!
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MIND/BODY BASED CLASSES

YOGA	A regular yoga practice will help transform your mind and body, ultimately helping you find inner calmness and peace. Enhance your strength, balance, flexibility and stability. Leave feeling stronger and more centered.
POP-PILATES	POP Pilates is where strength meets flexibility. Think highly-focused movements that leave your body toned and transformed. This isn't your average workout. It's a dance on the mat.

RESERVATIONS REQUIRED FOR ALL CLASSES