

Spinning Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------|--------------------------------|---|--------------------------------|------------------------------------|-------------------------------|--------------------------------|
| 6-7 am Spin Michelle M. | | 6-7 am Sunrise Spin Nicole G | | 6-7 am Sunrise Spin Nicole G | | |
| 7:30-8:30 am Spin Shon | 7:30-8:30 am Spin Nadine | 7:30-8:30 am Spin Shon | 7:30-8:30 am Spin Shon | 7:30-8:30 am Spin Shon | | |
| 8:30-9:30 am Spin Shon | 8:30-9:30 am Spin Shon | 8:30-9:30 am Spin Curtis | 8:30-9:30 am Spin Nadine | 8:30-9:30 am Spin Curtis | 8:30-9:30 am Spin Shon | 9 -10 am Spin Shon |
| | | 9:30-10:30 am Spin/Sculpt Brianna | | | 10-11 am Spin Stephanie | 10-11 am Spin Kim/Nicole |
| Evening | | | | | | |
| | 5:30-6:30 pm Spin Nadine | | | | | |
| 6-7 pm Spin Stacy | 6:30-7:30 pm Spin Curtis | 6:30-7:30 pm Spin Curtis | 6-7 pm Spin Stacy | 6-7 pm Spin Curtis | | |

Description of Classes

Spinning-An intense music-driven cardiovascular workout on a stationary bike, led by a certified Spinning instructor. Gain strength and endurance in both mind and body while pursuing your fitness goals. *PLEASE BRING WATER AND A TOWEL *

Body Sculpt- A total body conditioning class using dumbbells, body bars, plyometrics, and the BOSU to sculpt your legs, butt, back, shoulders, biceps, and triceps.

Bootcamp-An aggressive, military-style, circuit using the BOSU, featuring high-intensity conditioning and power moves.

Cardio Box-A high energy class utilizing boxing moves and exercises to strengthen and sculpt your entire body.

Cardio Rumba- A high energy class that incorporates cardio, dance moves and great music for an exhilarating workout.

Hard Core Abs- An advanced abdominals class consisting of stabilization techniques and strengthening exercises for the torso, obliques and lower back.(Breakdown- 30 min abs, 20 min core, 10 minute stretch)

Pilates-The focus of this discipline is to strengthen and stretch the abdomen and torso by solely using the body. Technique involves proper breathing and control over various muscles.

Power Pilates – A combination of superior abdominal strengthening moves along with conventional Pilates exercises to lengthen your muscles and completely firm your core.

Power Pump- A total body conditioning class designed to improve muscle tone and endurance utilizing dumbbells, body bars and plyometrics to strengthen all areas of the body.

Silversneakers-Combine fun with fitness in a non-impact class that improves balance, posture, agility, strength and coordination, while listening to great music.

Yoga - This total mind and body workout improves functional strength, flexibility, muscle balance and relaxation. Multi-level options make it suitable for all fitness levels.

Circuit Training – The instructor sets up several different stations to sculpt the upper body, lower body and abs while keeping your heart rate up to burn maximum fat.