GROUP FITNESS CLASSES

	TUES	WEDS			
LET'S GET FIT 5:15 a.m. / Ann	STRENGTH 5:15 a.m. / Kari		BOOTCAMP 5:15 a.m. / Kari	LET'S GET FIT 5:15 a.m. / Ann	CYCLE 8:00 a.m. / Kari
CYCLE 5:15 a.m. / Kari	BOOTCAMP 9:00 a.m. / Ann	HIIT 8:30 a.m. / Jayne	BOOTCAMP 9:00 a.m. / Ann	Spin/Core Fusion 5:15 a.m. / Kari	
BARRE 9:00 a.m. / Jayne		YOGA 9:30 a.m. / Jayne		BARRE 9:00 a.m. / Jayne	
YOGA 10:00 a.m. / Jayne				FUNCTIONALLY FIT 10:00 a.m. / Jayne	
	HIIT (30 min) 5:30 p.m. / Andria	ZUMBA 5:30 p.m. / Kathy	BARRE 5:30 p.m. / Jayne		
	CYCLE (30 min) 6:15 p.m. / Andria				M C K E N D R E E METROREC PLEX

Functionally Fit	This class incorporates elements of Tai Chi, yoga, and Somatic movement exercises (which are amazingly effective in improvement overall muscle and joint movement, and functionality) Somatic Techniques are used when an individual is having a difficult time controlling the tension and discomfort of their muscles. They are extremely beneficial for improving balance and coordination while increasing range of movement.		
Yoga	Whether you are new to yoga, or an experienced yogi, this class offers a moderately paced flow, with roots in both Hatha and Vinyasa yoga. Energize your body and mind with an active flow incorporating core strength, stretching, and breathin in a dynamic moving sequence and end the class with a guided relaxation		
Barre	Barre is an effective total body workout, focused on low-impact, high-intensity movements that lift and tone muscles, and improve strength, agility, and flexibility for everybody. It incorporates elements of ballet, Pilates, and strength exercises, using body weight, light weights, bands, and Pilates balls.		
Let's Get Fit	Not sure where to start your fitness journey? Let's get fit is a perfect class to get you started. With Incorporating different types of fitness this class will introduce you to new types of exercise and you will always leave completing a full body workout. We welcome all ability levels. Come join us and lets get fit!!		
Cycle	Cycling is a highly effective way to build cardiovascular strength and endurance. Designed for all ages and fitness levels, Spin offers a challenging ride with fun energizing music. It's the perfect opportunity to get your heart pumping while you burn some serious calories.		
Zumba	Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness		
Bootcamp	Boot camp combines strength and cardiovascular exercises to really work the entire body. This workout includes interval training and functional movements that reflects movements we do in everyday life.		
Strength	Learn to lift and build on your strength. This class provides basic resistance training movements with several different forms of weight.		
HIIT	High Intensity Interval Training encompasses short bursts of high intensity exercise followed by short rest periods. This class hits on both cardiovascular training as well as resistance training		