

Schrafft's Center Group Fitness Schedule

Hours: Mon-Thurs. 6:00am-9:00pm | Friday 6:00am-8:00pm | Saturday 8:00am-2:00pm | Sunday - Closed

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Bootcamp 6:45-7:30am Thamar	Yoga 7-7:45am Caitlin	Spin 7-7:45am Thamar		Bootcamp 9:15-10am Pam
Zumba 11:30-12:15PM Jessica	Cardio Challenge 11:30 – 12:15pm Pam	Spin 11:30-12:15PM Judy		Sweat & Sculpt 11:30-12:15PM Pam	
Muscle Conditioning 12:15-1:00pm Staff	Yoga 12:15-1:00pm Pam	Pilates 12:15-1:00pm Judy	Yoga 12:30-1:15pm Karma		
Cardio Kick Boxing 6:00-7:00pm Naide	Yoga 6:15-7pm Caitlin	Spin 5:30-6:15pm Thamar			

Classes may be added or deleted depending on interest and participation.

Group Fitness Class Descriptions

Boot Camp- An interval class emphasizing improved cardiovascular endurance, muscular strength and endurance using sport drills and a variety of other techniques to hit all the major muscle groups; a unique high energy class. This class is geared to all levels.

CARDIO CHALLENGE: A boot camp style cardio class that will have you running, jumping, squatting and sweating. Fun and effective way to incorporate cardio into your fitness routine!

MUSCLE CONDITIONING: A class that uses weights, body bars, and gravity to strengthen and tone all major muscle groups.

PILATES: A conditioning program that helps improve muscle control, flexibility, coordination, muscle strength and tone. Pilates exercises target the abdomen, back and buttocks.

SPINNING: A high intensity stationary cycling class that involves interval training.

SPIN & SCULPT: A moderate- to high-intensity class that combines spinning and muscle conditioning using weights, body bars and other props to strengthen and tone all major muscles groups.

YOGA: A class designed to relieve tension and stress through breathing techniques, stretching, meditation and body postures.

Zumba- Zumba is a unique and exciting high energy aerobics class that incorporates Latin rhythms such as the Salsa and Merengue that will target your glutes, legs, abdominals, and increase your heart rate. Ditch the workout, join the party!

