

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Group Power</b> 7:00-8:00am w/ Gerry <a href="#">SIGN UP</a>	<b>Zumba</b> 7:00-7:45am LeeAnna	<b>BP Boot Camp</b> 7:00-7:45am w/ Steve B.	<b>Boot Camp</b> 6:00-7:00am Laura	<b>Yoga</b> 7:00-7:45am Carmen
<b>Striding*</b> 11:00-11:45am w/Kelly <a href="#">SIGN UP</a>	<b>Core Yoga</b> 11:00-11:45am Carmen	<b>Zumba</b> 11:15-12:00pm Andrea	<b>Zumba</b> 11:15-12:00am Karen	<b>Cardio Quickie</b> 11:00-11:45am Kelly
<b>HIIT It!</b> 11:30-12:15pm Laura	<b>Group Power*</b> 11:45-12:30pm w/ Dave S. <a href="#">SIGN UP</a>	<b>Boot Camp*</b> 12:00-12:45pm w/ Mike M. <a href="#">SIGN UP</a>	<b>Pilates</b> 12:00-12:45pm Patti A.	<b>Core Basics</b> 11:45-12:10am Laura
<b>Boot Camp*</b> 12:30-1:10pm w/ Mike M <a href="#">SIGN UP</a>	<b>Zumba</b> 12:30-1:15pm Jessica A.	<b>15 Minute Abs</b> 12:45-1:00pm Mike M.	<b>BG Sports</b> 12:45-1:45 Fendy	<b>Group Power*</b> 12:15-1:15pm w/ Rhonda <a href="#">SIGN UP</a>
<b>Vinyasa Yoga</b> 1:10-2:00pm Victoria	<b>Cardio Challenge</b> 1:20-2:05pm Patti A.	<b>Taylor-Made</b> 1:00-1:45pm Jenn T.	<b>Radiant Flow Yoga</b> 1:50-2:35pm Cara	<b>Vinyasa Level 2</b> 1:15-2:05pm Victoria
	<b>Private Yoga Training*</b> 3:00-4:00pm w/ Naomi	<b>Gentle Yoga</b> 1:50-2:30pm Victoria	<b>Private Yoga Training*</b> 3:00-4:00pm w/ Victoria	
<b>15 Minute Abs</b> 5:30-5:45pm Kim B.	<b>Tabata Training</b> 5:15-6:00pm Jules	<b>Group Power*</b> 5:30-6:30pm w/ Callie <a href="#">SIGN UP</a>	<b>Zumba</b> 5:30-6:15pm Jenn	<b>Group Power*</b> 5:15-6:15pm w/ Kim <a href="#">SIGN UP</a>
<b>Cardio Kickbox</b> 5:45-6:30pm Kim B.	<b>Vinyassa Yoga</b> 6:00-7:15pm Juliana			
<b>Reserved</b> <b>7:00-9:00pm</b>	<b>Reserved</b> <b>7:00-9:00pm</b>	<b>Reserved</b> <b>7:00-9:00pm</b>		

**\*=Classes that require sign-up**



**JOIN THE 125 SUMMER GROUP FITNESS EMAIL LIST!**

Email Jenn Taylor at Jtaylor@Fitcorp.com to receive weekly updates on our class schedule!

## Spin Schedule: PLEASE SIGN UP

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
12:30-1:15pm Jenn C. 5:30-6:30pm Laurie	12:00-12:45pm Laurie 1:00-1:45pm Kara 5:30-6:15pm Dennis	6:30-7:30am Lucy 12:00-12:45pm Rhonda 5:30-6:15pm Melanie	7:00-8:00am Mike B. 12:00-12:45pm Mike M. 5:30-6:15pm Scott M.	11:00-11:45am Melanie 12:00-12:45pm Katie T.

### Group Fitness Class Descriptions

**Abs** – A 15 minute class focusing on exercises to strengthen the abdominals and lower back. This class uses the Bosu, fitball, and other equipment to reach the core muscles.

**BG Sports**-An intense whole-body workout that incorporates all aspects of sports from strength training and cardio to core training and agility drills.

**BP Boot Camp**- BP Boot Camp is a high intensity strength training class for people that want RESULTS. The training focuses on athletic movements to help you perform better and get stronger while burning as much fat as humanly possible in the shortest period of time... You will have fun in this "no excuses", "no limits", and "take action" team atmosphere.

**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 45 minute combination of total body toning and cardio exercises that will build muscle and burn fat.

**Cardio Kick-Boxing**- A mixture of Kickboxing, Karate, Tai Chi, and Capoeira to the beats of motivating music. The class is designed for men and women of all levels and focuses on toning the core and upper body while burning lots of calories.

**Core Progressions**- This 25 minute core class will explore how to properly and effectively work your core through movement, posture, and proper breathing. This class is ideal for those new to fitness that experience low back pain or are recovering from injury. Participants will receive a handout of each week's movements and are encouraged to complete them outside of class. Participants are also encouraged to attend weekly to keep up with the progressions.

**Core Yoga**- A class designed to relieve tension and stress through breathing techniques, stretching, and meditation with a focus on strengthening your core.

**Gentle Yoga**- Join Victoria for this simple class designed for new yoga students. In this class you will be introduced to the basics of yoga. Learn basic yoga postures such as the "Sun Salutation" and the art and benefits of breathing. Wear loose, comfortable clothing when practicing yoga and bring a small towel.

**Group Power**- is your hour of power! This 60 minutes barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power.

**HIIT It!**- HIIT stands for High Intensity Interval Training which is a system that incorporates muscle and cardiovascular conditioning. Interval training is one of the best ways to burn calories. Time flies when you're doing intervals- so HIIT it!

**Pilates** – A mat class that consists of a series of low-impact exercises designed to maximize abdominal strength while toning and increasing flexibility.

**Radiant Flow Yoga**- Class will start with breathing exercises to clear the mind and progress into heat generating poses that will build strength and foster flexibility. You'll leave this class feeling more present and confident in your body.

**Spin** - A high intensity stationary cycling class that involves interval training, hill climbing and jumps.

**Striding** - Think of it as a spin class with a treadmill. Run a series of hills, climbs and sprints.

**Taylor Made**- Interval training class that utilizes challenging segments of cardiovascular work, muscle conditioning, and other athletic drills to ensure a complete total body workout that will push you to your limit!

**Tabata Training**- Tabata is a high intensity interval training class consisting of six-eight 20-second work intervals with 10-second rest periods. The basis of Tabata Training is 4 minutes of intense interval training/circuit training to maximize your workout in a limited amount of time.

**Yoga/Vinyasa** - A class designed to relieve tension and stress through breathing techniques, stretching, meditation, and body postures.

**Vinyasa Level 2**- for the more advanced yoga participant who wants an extra challenging workout.

**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!

**\*\*Private Yoga Training\*\***- For Availability and Pricing-

- Email Naomi at [buck.and.doe@gmail.com](mailto:buck.and.doe@gmail.com) (Class is Tuesday from 3-4pm)
- Email Victoria at [victoriayoga@gmail.com](mailto:victoriayoga@gmail.com) (Classes are Thursday and Friday from 2-3pm)