

**FITNESS CLASSES**

**July & August 2018**

Monday:
8:30am-9:15am Pound-Amanda

Tuesday:
9:00am-9:45am Core de Force-Julie

7:30pm-8:15pm Zumba-Anne & Mandy-rotating

\*\*no class July 3, 17&24

Wednesday:
5:30am-6:15am Zumba-Lori Jo

\*\*no class July 4&11

Thursday:
5:30am-6:00am Total Body Steppin’ Up-Jen

9:00am-9:45am Core de Force-Julie

12:15pm-12:45pm Strength & Stretch-Anne

\*\*no class July 5&26

Friday:
5:30am-6:15am Zumba-Mandy

*See class descriptions on back*



**FITNESS CLASSES**

**July & August 2018**

Monday:
8:30am-9:15am Pound-Amanda

Tuesday:
9:00am-9:45am Core de Force-Julie

7:30pm-8:15pm Zumba-Anne & Mandy-rotating

\*\*no class July 3, 17&24

Wednesday:
5:30am-6:15am Zumba-Lori Jo
 \*\*no class July 4&11

Thursday:
5:30am-6:00am Total Body Steppin’ Up-Jen

9:00am-9:45am Core de Force-Julie

12:15pm-12:45pm Strength & Stretch-Anne

\*\*no class July 5&26

Friday:
5:30am-6:15am Zumba-Mandy

*See class descriptions on back*

***CLASS DESCRIPTIONS:***

**Pound®**: Full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements while drumming to a wide array of music

**Zumba®:** Fat-blasting workout using music inspired by countries around the globe. Join the party; let the music move you to a healthier mind & body. There are no wrong moves in Zumba®, and you will leave with a smile on your face.

**Total Body Steppin’ Up**: Full-body workout using steppers for extra lower body workout. This isn’t your normal step class; as upper body toning is also included. Blast the fat as you step your way to a healthier you.

**Core De Force:** MMA-inspired full body workout that will help chisel your core and make you leave feeling on top of the world.

**Strength & Stretch:** Low impact full body workout using bodyweight exercises to build strength, and stretching for flexibility in a relaxed atmosphere.

***CLASS DESCRIPTIONS:***

**Pound®**: Full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements while drumming to a wide array of music

**Zumba®:** Fat-blasting workout using music inspired by countries around the globe. Join the party; let the music move you to a healthier mind & body. There are no wrong moves in Zumba®, and you will leave with a smile on your face.

**Total Body Steppin’ Up**: Full-body workout using steppers for extra lower body workout. This isn’t your normal step class; as upper body toning is also included. Blast the fat as you step your way to a healthier you.

**Core De Force:** MMA-inspired full body workout that will help chisel your core and make you leave feeling on top of the world.

**Strength & Stretch:** Low impact full body workout using bodyweight exercises to build strength, and stretching for flexibility in a relaxed atmosphere.