



## Group Exercise Winter Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30	Cycle/Molly		Cycle/Molly			
8:00						Cycle Krisitin
9:00						Yoga Christine
10:00						Cycle Duff Boxing Brad
11:30	Tone & Trim Kathleen		Muscle Works Kathleen	Butts & Gutts Kathleen		
12:15	Body Strength Joe	Body Strength Brad	Body Strength Katie	Body Strength Brad	Body Strength Brad	
2:00						<b>Jiu-Jitsu MMA</b>
4:00	Body Strength Joe	Body Strength Joe	Body Strength Joe	Body Strength Joe		
5:00						
5:30	Cycle/Kristin Kickboxing/Pat Run Club/Brad	Cycling/Duff	Cycle/Kristin Kickboxing/Pat Run Club/Brad	Yoga christine		
6:00		Jiu-Jitsu Rocky			Ab Lab Joe	
6:30	Ab Lab Joe	Zumba Nicole	Ab Lab Joe	Zumba Nicole		
7:30	MMA with Ricky	MMA with Ricky	MMA with Ricky	MMA with Ricky	MMA with Ricky	<--not included with membership extra fee

### CLASS DESCRIPTIONS

**Yoga:** Class centered around mind body exercises that builds strength, without bulk creating, a slick tone body with slender thighs and tight flat stomach.

**Indoor Cycle:** What more can you say about this? Jump on your bikes and get in the zone.

**Kickboxing:** Black Belt Pat Hayes will teach you the fundamentals of technical kickboxing.

**Muscleworks:** A complete 30 minute strength class that uses weights to tone your entire body.

**Butts & Gutts:** Work off your problem areas with this great class. This class will truly tune up your backside and firm your middle.

**Jiu-Jitsu:** A class for beginners and advanced practitioners of the art. Learn grappling and submission techniques.

**Tone & Trim:** This class uses your own body weight as resistance and includes a lot of mat work.

**Total Body Cycle:** This class is a dynamic and fun combination of intense cycling with weight training.

**Classes are 30 to 45 minutes in length.**

*classes at 12:15 are 30 minutes in length.*

**Looking for Results? Inquire at the juice bar to receive a complimentary personal training session.**

**Note on Cycling:** If you are new arrive at least 15 minutes prior to the class to get proper instruction. **Always bring water and a towel.**