

May 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4	5	6	7	8	9
10 Mother's Day	11	12	13	14 5:30AM-6:30AM Circuit 11:00AM-12:15PM Yoga	15 9:30AM-10:15AM HIIT 5:15PM-6:00PM Cardio/Core	16 8:30AM-9:30AM Total Body Cond.
17	18 6:00PM-7:15PM Yoga	19 6:00AM-7:00AM Strictly Strength 5:30PM-6:30PM Total Body Cond.	20	21 5:30AM-6:30AM Circuit 11:00AM-12:15PM Yoga	22 9:30AM-10:15AM HIIT 5:15PM-6:00PM Cardio/Core	23 8:30AM-9:30AM Total Body Cond.
24	25 Memorial Day	26 6:00AM-7:00AM Strictly Strength 5:30PM-6:30PM Total Body Cond.	27	28 5:30AM-6:30AM Circuit 11:00AM-12:15PM Yoga	29 9:30AM-10:15AM HIIT 5:15PM-6:00PM Cardio/Core	30 8:30AM-9:30AM Total Body Cond.
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Circuit Training – (Moderate) Circuit training is an excellent boredom buster! Everything from: running steps, jumping rope, doing squats, planks, or conditioning on the stability ball. All fitness levels welcome.

Total Body Conditioning – (Moderate–Advanced, lots of modifications to beginners) Strength and cardio become one in this calorie burning, muscle toning class. Activate more muscles, strengthen the core and keep the heart rate in an effective level. Equipment such as steps, weights, bands and bars, and body-weight resistance movements are utilized. This is an efficient workout that does it all!

Strictly Strength – (Beginner –Moderate) Work your muscles in every way possible in this class designed to build strength, add definition, increase your bone density, and decrease your body fat by increasing your lean muscle. Research has proven that by adding lean muscle to the body you can speed up your metabolism and burn more calories when you work out and at rest. You will use hand weights, tubing and your own body weight to change the shape of your body. No muscle gets neglected in this class!

HIIT – (Advanced) Scientifically formulated for efficiency and effectiveness! High Intensity Interval Training (HIIT) is a results driven, fast paced, 30-45 minute workout that increases fat loss and endurance. HIIT is the ideal workout for achieving your goals by maximizing calorie burned, increasing your metabolism all while accommodating your busy schedule.

Cardio Core and Glutes - Strengthen and enhance abdominal definition and stability along with gluteal muscles with burst of cardio in this 45min body changing workout. This class will work your abs, back, hamstrings quads and glutes.

Yoga - Whether your goal is relaxation or a better golf game, this all-levels yoga should be part of your overall wellness strategy. Equal parts fitness and focus, these classes are a work-out and a work-in. Strength, flexibility, balance, and breath training, along with structure-changing stretching and deep meditation will leave you feeling like you had a work-out, a massage and a vacation. Participants must be able to move from floor to standing positions without assistance.

\$15 for Yoga

\$10 for all other classes