

## Spinning Schedule

| Monday                        | Tuesday                        | Wednesday                               | Thursday                       | Friday                             | Saturday                      | Sunday                         |
|-------------------------------|--------------------------------|---|--------------------------------|------------------------------------|-------------------------------|--------------------------------|
| 6-7 am<br>Spin<br>Michelle M. |                                | 6-7 am<br>Sunrise Spin<br>Nicole G      |                                | 6-7 am<br>Sunrise Spin<br>Nicole G |                               |                                |
| 7:30-8:30 am<br>Spin<br>Shon  | 7:30-8:30 am<br>Spin<br>Nadine | 7:30-8:30 am<br>Spin<br>Shon            | 7:30-8:30 am<br>Spin<br>Shon   | 7:30-8:30 am<br>Spin<br>Shon       |                               |                                |
| 8:30-9:30 am<br>Spin<br>Shon  | 8:30-9:30 am<br>Spin<br>Shon   | 8:30-9:30 am<br>Spin<br>Curtis          | 8:30-9:30 am<br>Spin<br>Nadine | 8:30-9:30 am<br>Spin<br>Curtis     | 8:30-9:30 am<br>Spin<br>Shon  | 9 -10 am<br>Spin<br>Shon       |
|                               |                                | 9:30-10:30 am<br>Spin/Sculpt<br>Brianna |                                |                                    | 10-11 am<br>Spin<br>Stephanie | 10-11 am<br>Spin<br>Kim/Nicole |
| <b>Evening</b>                |                                |   |                                |                                    |                               |                                |
|                               | 5:30-6:30 pm<br>Spin<br>Nadine |   |                                |                                    |                               |                                |
| 6-7 pm<br>Spin<br>Stacy       | 6:30-7:30 pm<br>Spin<br>Curtis | 6:30-7:30 pm<br>Spin<br>Curtis          | 6-7 pm<br>Spin<br>Stacy        | 6-7 pm<br>Spin<br>Curtis           |                               |                                |

### Description of Classes

**Spinning**-An intense music-driven cardiovascular workout on a stationary bike, led by a certified Spinning instructor. Gain strength and endurance in both mind and body while pursuing your fitness goals. \*PLEASE BRING WATER AND A TOWEL \*

**Body Sculpt**- A total body conditioning class using dumbbells, body bars, plyometrics, and the BOSU to sculpt your legs, butt, back, shoulders, biceps, and triceps.

**Bootcamp**-An aggressive, military-style, circuit using the BOSU, featuring high-intensity conditioning and power moves.

**Cardio Box**-A high energy class utilizing boxing moves and exercises to strengthen and sculpt your entire body.

**Cardio Rumba**- A high energy class that incorporates cardio, dance moves and great music for an exhilarating workout.

**Hard Core Abs**- An advanced abdominals class consisting of stabilization techniques and strengthening exercises for the torso, obliques and lower back.(Breakdown- 30 min abs, 20 min core, 10 minute stretch)

**Pilates**-The focus of this discipline is to strengthen and stretch the abdomen and torso by solely using the body. Technique involves proper breathing and control over various muscles.

**Power Pilates** – A combination of superior abdominal strengthening moves along with conventional Pilates exercises to lengthen your muscles and completely firm your core.

**Power Pump**- A total body conditioning class designed to improve muscle tone and endurance utilizing dumbbells, body bars and plyometrics to strengthen all areas of the body.

**Silversneakers**-Combine fun with fitness in a non-impact class that improves balance, posture, agility, strength and coordination, while listening to great music.

**Yoga** - This total mind and body workout improves functional strength, flexibility, muscle balance and relaxation. Multi-level options make it suitable for all fitness levels.

**Circuit Training** – The instructor sets up several different stations to sculpt the upper body, lower body and abs while keeping your heart rate up to burn maximum fat.