

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00AM		Threshold Jaime 60 min					
5:30AM			Spin Jaimie 60 min				
8:00AM	Threshold Jaimie 45 min	Yoga Ruth 45 min		Spin Scottie 45 min	Spin Michelle 45 min	BODYPUMP Jill 45 min	
9:00AM							Cycle Hillary 45 min
9:15AM	Body Pump Corrie 60 min	Spin Michelle 45 min	Sweatshop Scottie 60 min	Pilates Susan 45 min	Bootcamp Jaime 60 min	Cycle Hillary 45 min	
11:15	Spin Jaimie/Michelle		SMAC Cardio & Strength Jaime 45 min		Chair Yoga Ruth 60 min		
5:00PM	BODYPUMP Corrie 60 min	Spin Sandy 60 min		Step and Core Corrie 45 min			
5:15PM			Body Blast Jenn 45 min				
6:00PM				Spin Corrie 60 min			
6:15PM	Spin Sheri L 60 min	Zumba Glenda 50 min					
6:30PM			Cycle Hillary 30 min				
7:15PM			BODYPUMP Melba 60 min	Yoga Ruth 60 min			
7:30PM		Pilates Susan 60 min					

♥ Gym hours: Mon-Fri 4 am-10 pm/ Sat & Sun 6am-8pm

✓ Sign up for ALL CLASSES ONLINE OR CALL THE GYM – ALL CLASS SIZES CURRENTLY LIMITED TO 9 PER CLASS DUE TO COVID-19!

CLASS DESCRIPTIONS:

Body BLAST/Kickboxing: This full body workout is a little bit of everything! Work the entire body using a variety of low and high impact moves to challenge your stamina and endurance. Get ready to BLAST your body into shape!

BODYPUMP: Challenge all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, & curls set to great music.

Bootcamp/Bootcamp HIIT: Challenge yourself in this high intensity total body burning workout using various equipment and bodyweight exercises to torch calories!

Chair Yoga: NOT SEATED YOGA...This class is for the beginner or seasoned Yogi. Learn to deepen your standing poses and stretches utilizing a chair. Improves flexibility, range of motion, muscle strength and balance. Ends with relaxation.

Cycle: This is an Indoor Cycling program similar to Spin where you ride to the rhythm of powerful music.

Pilates: This is a 60-minute class that focuses on strengthening core muscles to promote flexibility and stability.

SMAC Cardio & Strength: A 60-minute Senior mobility Action Class; includes low impact cardio, strength & stability training. Moves are kept simple and effective to work up a great fat burning sweat, keep muscles strong, and improve bone density. Perfect for beginners and Seniors.

SPINNING: Challenge your body in a variety of energy zones in this exciting official Madd Dog indoor performance cycling class taught in our spinning studio just down the hall from our childcare room!

Step & Core: Come get your cardio workout in with 30 minutes of Step Aerobics followed by 15 minutes of targeted Core Exercises! Functional, Dance, Kickboxing & Basic step moves will keep you burning those calories on the step – low, moderate, or high intensity – and build/sculpt your core and posterior chain.

Sweatshop: Focus on sculpting and shaping your entire body while strengthening your core using various equipment and exercises to leave you dripping in sweat!

Threshold: Challenge yourself in this total body conditioning class that will test both your mental and physical toughness.

Yoga: Basic and Restorative Yoga moves that increase flexibility and strength. Each class ends with deep relaxation. Perfect for all levels.

ZUMBA/ZUMBA Tone: This “Latin-inspired dance party” is a terrific way to melt off the pounds! **Zumba Tone** uses light toning sticks and slower, controlled movements!

Helpful Hints:

❖ Try to arrive to class on time. Warm-ups are very important. Always drink plenty of water before, during, & after class & please alert the instructor if you become dizzy, nauseous, or extremely fatigued.

❖ If you are pregnant, taking medication, or have any medical problem that may affect your performance in class, please notify the instructor.