

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Virtual RPM™ 28:00	Virtual BODYPUMP™ 39:00	Virtual Body Combat™ 47:00	Virtual BodyPump™ 27:00	CX Works™ 28:00	Virtual Body Combat™ 29:00	Virtual Body Combat™ 29:00
7:00 AM	Virtual BodyFlow™ 30:00	Virtual Body Combat™ 57:00	Virtual RPM™ 45:00	Virtual Body Combat™ 55:00	Virtual BodyFlow™ 42:00	Virtual RPM™ 44:00	Virtual BodyPump™ 45:00
8:15 AM	Virtual Body Combat™ 28:00	Virtual BodyFlow™ 18:00	Virtual BodyCombat™ 30:00	Virtual BodyFlow™ 54:00	SPIN Michelle 45 min	Virtual Grit™ 29:00	Virtual Grit™ 29:00
9:15 AM	Sweatshop Scottie 60 min	SPIN Michelle 45 min	BODYPUMP™ Corrie 60 min	PILATES Susan 45 min	BOOTCAMP Ryan 60 min	BODYPUMP™ Jill/2,16,30/Corrie 1/9, 23	CYCLE Hillary 45 min
11:15 AM	Virtual BodyFlow™ 25:28	Virtual BodyCombat™ 29:00	Virtual RPM™ 47:00	Virtual BodyPump™ 27:00	SMAC Strength Susan 45 min	Virtual Grit™ 29:00	Virtual Grit™ 29:00
4:00 PM	Virtual BodyCombat™ 30:00	Virtual BodyFlow™ 54:00	Virtual RPM™ 47:00	Virtual BodyPump™ 40:00	Virtual BodyCombat™ 42:00		
5:15 PM	Sheri L Spin 30 min	BOOTCAMP Ryan 45 min	Virtual BodyCombat™ 30:00	VIRTUAL RPM™ 30:00	VIRTUAL RPM™ 28:00		
6:00 PM	BODYPUMP™ Corrie 60 min JAN 4 <sup>th</sup> -LAUNCHING NEW RELEASE 115!			BODYPUMP™ Corrie 60 min			
6:15 PM		ZUMBA Glenda 60 min	SPRINT CYCLE Hillary 45 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 10 PER CLASS DUE TO COVID-19!

**IN PERSON Class DESCRIPTIONS:**

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

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

**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 Strength:** A 45-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 our 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.

**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.