

**\*\*\*BODY PUMP UNITED RELEASE 115  
WILL BE OCTOBER 12!\*\*\***

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM					<b>SPIN</b>  Michelle 45 min		
9:15 AM	<b>Sweatshop</b>  Scottie 60 min	<b>SPIN</b>  Michelle 45 min	<b>BODYPUMP™</b>  Jill 10/7 Corrie 60 min	<b>PILATES</b>  Susan 45 min	<b>BOOTCAMP</b>  Timothy 60 min	<b>BOOTCAMP</b> Jenn 10/10 Timothy 60 min	<b>CYCLE</b>  10/18 Sheri L Hillary 45 min
11:15 AM					<b>SMAC Strength</b>  10/16 Tim 10/30 Scottie Susan 45 min		
5:30 PM			<b>BOOTCAMP</b> Timothy 45 min				
6:00 PM	<b>BODYPUMP™</b>  Jill 10/5 Corrie 60 min <a href="#"><u>UNITED LAUNCH 115 on 10/12</u></a>			<b>BODYPUMP™</b>  Jill 10/1 Sherry 10/8 Corrie 60 min			
6:15 PM		<b>ZUMBA</b>  Glenda 60 min					
6:30 PM			<b>SPRINT CYCLE</b>  Hillary 45 min				

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♥ 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!

**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.