



TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0930-1020	SFH	H O L I D A Y		IStroll- Meg		IStroll- Maddie WA- Staff	
	Wilson			Zumba- Crystal			
	Jensen		BARRE- Maxine		BARRE- Maxine	Pilates- Maxine	
1030-1120	Jensen		Yoga- Birgit		Yoga- Birgit		
	McChord						Zumba- Gemma
1130-1220	SFH			Cycle- Andrew			
	Jensen		Zumba- Crystal				
	Wilson		SN- Rhachel	HIIT- Rhachel	Zumba- Rhachel	Zumba- Gemma	
	McChord						Zumba- Rachel
1630-1720	Jensen		Zumba- Rachel	Zumba- Annie		Zumba- Rachel	
1730-1820	Wilson				Zumba- Crystal		
	Jensen		CK- Jackie		Yoga Sculpt- Ivy		
1830-1920	Jensen						

**\*ALL CLASSES SUBJECT TO CHANGE\* MOST UP TO DATE SCHEDULE IS POSTED AT EACH FACILITY**

**CS: Cardio & Strength** - A total body workout combining all elements of fitness; cardio, muscle conditioning, coordination, balance and flexibility.

**CK: Cardio Kickboxing** - High energy martial-arts inspired, full body workout focusing on core training, developing coordination, agility & speed

**Cycle** - Using a special stationary bike, class focuses on endurance, strength, intervals, high intensity and recovery phases.

**FMA: Filipino Martial Arts: Stick Fight Martial Arts** - A combination of traditional martial arts movements using stick-fighting techniques.

**I Stroll**- Parent and kid friendly Fitness Bootcamp, fitness for the whole family. Additional FEE for this class.

**SN: Strong Nation** - Zumba based workout combining body weight, muscle conditioning, cardio and plyometric training moves.

**HIIT** - High Intensity Workout incorporating cardio, free weights and body weight.

**ST: Strength Training** - Emphasis on form and technique while gaining strength and confidence in the 3 major lifts in a friendly upbeat environment.

**WA: Water Aerobics** - A low-impact class that is designed to improve joint stability, coordination, heart health and strength.

**Yoga** - Combining physical exercises, meditation, and breathing techniques to strengthen muscles and relieve stress.

**Yoga Sculpt** - High energy fitness class, combining principles of yoga with strength training and cardiovascular workouts.

**Zumba** - Dance to great music, with great people, and burn a ton of calories without even realizing it.