



# Group Fitness Studio

## Summer 2019 Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	JAZZERCISE.		JAZZERCISE.		
JAZZERCISE. 9:15-10:15AM Brenda		JAZZERCISE. 9:15-10:15AM Brenda		JAZZERCISE. 9:15-10:15AM Brenda	<b>LES MILLS BODYPUMP</b> 9:00-10:00AM Shaunna
			<b>LES MILLS BODYPUMP</b> 9:30-10:25AM Araceli		
					JAZZERCISE. 10:30-11:30AM Brenda
<b>LES MILLS BODYPUMP</b> 12:00-1:00PM Kris, Araceli					
	<b>LES MILLS BODYFLOW</b> 4:15-5:15PM Angela		<b>LES MILLS BODYFLOW</b> 4:15-5:15PM Angela		
<b>LES MILLS BODYPUMP</b> 5:30-6:30PM Kelsey		<b>LES MILLS BODYPUMP</b> 5:30-6:30PM Gina	<b>LES MILLS BODYSTEP CLASSIC</b> 5:30-6:30PM Angela		

### LES MILLS BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

### LES MILLS BODYFLOW

BODYFLOW® is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centered.

### LES MILLS BODYSTEP CLASSIC

BODYSTEP™ is basic stepping, just like walking up and down stairs. This full-body cardio workout will really tone your butt and thighs.

### JAZZERCISE

*Jazzercise* - Combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn! Class is a Fee based program, please contact the front desk for information on how to participate!