

GET FIT TOGETHER



AUGUST GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOGA 11:00 - 11:45a Vedra	CYCLING 11:00 - 11:45a Jonathan		TABATA 11:10 - 11:40a Jonathan	CYCLING 11:00 - 11:45a Jonathan
KETTLEBELLS 12:00 - 12:45p Jason		BOOTCAMP 12:00 - 12:45P Tara		HIIT 12:00 - 12:45p Tara
	TEAM TRAINING 2:30 - 3:00p Stephanie		WOMEN ON WEIGHTS 2:30 - 3:00p Stephanie	
		CYCLING 5:15 - 6:00p Greg		

Class Descriptions

ZUMBA: A fusion of Latin and international music/dance themes that create a dynamic, exciting workout! Based on interval training, Zumba is a mixture of body sculpting movements and easy-to-follow dance steps.

CYCLING: This workout brings the fun and excitement of outdoor cycling indoors. A great cardiovascular workout! Come join a high energy, fun and hard working atmosphere! Please allow 5-10 minutes for proper bike setup prior to class.

BODY PUMP EXPRESS: BODYPUMP™ Express is a 45 minute strength workout. BODYPUMP™, the original LES MILLS™ barbell class gives you the moves to burn fat, gain strength, sculpt, tone and strengthen your entire body.

HIIT: This interval class incorporates strength and cardio exercises in timed intervals followed by a quick recovery. Achieve maximum calorie burn with an incredible cardiovascular conditioning and all over body shaping.

WOMEN ON WEIGHTS: This class will teach you how to incorporate weights into your workouts. A small group class setting that educates you on lifting techniques, exercises and routines. Boost your confidence as you build strength and endurance, improve range of motion and mobility. A great class for any fitness level!

KETTLEBELLS: A perfect addition to any strength training routine. Kettlebells deliver extreme all-round fitness with a wide range of attributes: strength and power, endurance, balance and flexibility and more. A versatile way of switching up your workouts and challenging muscle groups from different angles.

TEAM TRAINING: The ultimate cross training workout challenge is here! This class is all out intensity. It will challenge anyone's fitness level and enhance your physical performance no matter where you are physically. Each class is completely different and is designed around different equipment and sports-inspired cross training.

TABATA: A high intensity workout that only lasts 15 minutes. Participants will exercise at their maximum intensity for 20 seconds followed by 10 seconds of rest. This is repeated 8 times for a total training time of 4 minutes. Each class will consist of 2-3 of these TABATA intervals with each interval will consisting of different exercises.

BOOTCAMP: Experience high-intensity, full-body workouts that target the major muscle groups of the upper and lower body. From circuit-style routines to creative muscle-toning exercises, each class brings its own unique challenges.

HATHA YOGA: is the most widely practiced form of Yoga, using body postures, breathing techniques, and meditation to help you achieve a sound, healthy body and a clear peaceful mind. Appropriate for all levels.