

# Fitness Classes

West Side	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Rip			Rip		
5:30am			Body Shred		Adult Ballet	
6:00am		On the Ball	Yoga	On the Ball		
7:00am						Cycle
8:00am	Muscle Fire	Tone Zone	Cardio Chaos 8:20-8:50	Tone Zone		Rip
9:00am	Zumba		Zumba Toning		Rip	Pound
9:15am		Kickboxing Burn - 45		S.W.E.A.T – 45 min		
12:00pm	Rip		Rip		Rip	
1:00pm		Super Chicks & Roosters		Super Chicks & Roosters		
2:30pm	Giggles & Wiggles					
4:30pm	Cycle	Raise the Barre	Cycle	Raise the Barre		
5:30pm	Zumba	Ashtanga Yoga	Zumba	Cycle		
6:30pm	Art of Boxing	Get Some Weights	Art of Boxing Women Only	Get Some Weights		
7:30pm		Karate		Karate		

East Side	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		Ashtanga Yoga		Gentle Flow Yoga		
8:00am						Yoga
9:00am	Cycle	Rip	Cycle	Rip	Cycle Cross	
	Yoga		Yoga			
10:15am					Ab Attack	
12:10pm		Battle Ropes		Ropes Blast		
4:30pm	Battle Ropes	TRX	Battle Ropes Cardio/Strength	TRX		
5:30pm	F-HIIT	Heavy Bags	Rip	Heavy Bags		
	Yoga		Yoga			
6:30pm		Art of Boxing		Art of Boxing		

## December Fitness Schedule 2017



Swim	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am						Water Workz
9:00am		Aqua Yoga		Water Workz		
5:30pm	Water Workz			Water Workz		