


Fitness Schedule JULY 2017 Bldg. 1631 "SORE TODAY STRONG TOMORROW!"

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	INSTRUCTORS: EM- Eden Mettert BV- Bob Vasta AM- Amanda Moser CH- Christy Hudson AD - Alina Dukes TN- Tony Neal HB- Helen Buford	INSTRUCTORS: MD - Maria Diaz MB - Mark Brohm SG - Stefanie Gooding TG - Tony Garcia SW - Sherry Woodward MS - Maggie Sannino JK- Jamie Kunkel	INSTRUCTORS: BT - Belinda Towolawi AR - Alina Rodriguez RD- Rey Drummond BK- Bob Karnes LF-Leigh Feathers C - Cookie	LOCATIONS: M&B—Mind and Body Room Bldg 1631 Annex- Bldg 1043 Spin- Spin Room main fitness facility RM 1c- Upstairs main fitness facility MGF- Main Fitness Facility Bigd 1631		1 1200-1400 Dan Zan Martial Arts Class M&B—BK
2	3 Training Holiday 1000-1700	4 Independence Day 1000-1700 	5 1830-1930 Yoga M&B—HB 0900- Kickboxing Rm 1c—CH 1000 Pilates Rm1c —CH 1200 Total Body Express—CH 1200 Lunchtime Yoga M&B—TG 1200 /1800FFT Annex—RD 1730 Ab Dominator/Spin Rm 1c —EM 1800 Tang Soo Do—SW	6 0630 Spin—JK 0900 POWER PUMP Rm1c—EM 1000 Booty Barre M&B—EM 1730 Spin 45 min Class—BV 1730 Booty Barre RM1c—EM 1830 Yoga M&B—EM 1830 ZUMBA Rm1c—C	7 0615-0715- Yoga M&B Rm—HB 1200 FFT 101 Annex—RD 1800 FFT 101 Annex—RD	8 1000-1100 Yoga M&B—HB 1200-1400 Dan Zan Martial Arts Class M&B—BK 1030-1200 Functional Fitness Foundations Course Annex—RD
9	10 1200 FFT 101 Annex—RD 1800 FFT 101 Annex —RD	11 0900 POWER PUMP -Rm1c—CH 1000 Barre M&B—CH 1200 Body Tone Rm1c—CH 1200 Spin- Bike Room—LF 1730 Spin 45 min Class—BV 1800 Yoga M&B—MB 1830 STRONG Rm 1c— MS	12 1200 Lunchtime Yoga M&B— TG 1200 FFT 101 Annex— RD 1800 FFT 101 Annex— RD	13 0630 Spin—JK 1730 Spin 45 Min—BV 1830 ZUMBA Rm1c—C	14 1200 FFT 101 Annex—RD 1800 FFT 101 Annex—RD	15 1200-1400 Dan Zan Martial Arts Class M&B—BK
16	17 0900 Body Tone Rm 1c—CH 1000 Pilates M&B—CH 1200 FFT 101 Annex—RD 1800 FFT 101 Annex—RD	18 0900 Power Pump Rm1c—CH 1000 Barre Rm M&B—CH 1200 Spin—LF 1200 Body Tone Rm1c CH 1730 Spin 45 min Class BV 1800 Yoga M&B—MB 1830 STRONG Rm 1c—MS	19 0900 FFT 101 Annex—TN 1200 Lunchtime Yoga M&B—TG 1200 FFT 101 Annex—RD 1800 FFT 101 Annex—RD	20 0900 POWER PUMP Rm1c—EM 1000 Booty Barre M&B— EM 1730 Spin 45 min class—BV 1730 Booty Barre Rm 1c—EM 1830 Yoga M&B—EM 1830 ZUMBA Rm1c—C	21 0900 Barre Body Fusion M&B—CH 1000 Yoga M&B—CH 1200 FFT 101 Annex—RD 1800 FFT 101 Annex—RD	22 1200-1400 Dan Zan Marital Arts Class M&B—BK
23 1000-1100 Yoga M&B—HB	24 0900 FFT 101 Annex—TN 0900 Body Tone Rm 1c—CH 1000 Pilates M&B—CH 1200 FFT 101 Annex—RD 1700 Body Shred RM 1c—EM 1800 Soul Cycle—EM 1800 FFT 101 Annex—RD	25 0900 Power Pump Rm1c—EM 1000 Booty Barre M&B—EM 1200 Spin—LF 1200 Body Tone Rm1c —CH 1730 Spin 45 min Class—BV 1800 Yoga M&B— MB 1830 STRONG Rm 1c—MS	26 0900 FFT 101 Annex—TN 0900- Kickboxing Rm 1c—CH 1200 Lunchtime Yoga M&B—TG 1200 FFT Annex —RD 1730 Ab Dominator/Spin Rm 1c—EM 1800 FFT 101 Annex—RD	27 0630- Spin—JK 0900 POWER PUMP Rm1c—EM 1000 Booty Barre M&B—EM 1730 Booty Barre Rm 1c—EM 1830 Yoga M&B—EM 1830 ZUMBA Rm1c—C	28 0615-0715 Yoga M&B—HB 0900 Barre/Body Fusion M&B—CH 1000 Yoga M&B—CH 1200 FFT 101 Annex—RD 1800 FFT 101 Annex—RD	29 1200-1400 Dan Zan Marital Arts Class M&B—BK
30 1000-1100 Yoga M&B—HB	31 0900 FFT 101 Annex— TN 0900 Body Tone Rm 1c—CH 1000 Pilates M&B—CH 1200 FFT 101 Annex—RD 1700 Body Shred RM 1c —EM 1800 Soul Cycle—EM 1800 FFT101—RD					

Zumba/Zumba Step/Zumba Toning/

Party yourself into shape with this exhilarating, effective, easy-to-follow, latin inspired dance program. This is a great way to get your cardio while having fun at the same time.

Strong by Zumba

If you love Zumba and love to challenge the body with moves that are explosive and work your core and rock your soul, then STRONG by Zumba is your new class. Join us for an hour sweat session and leave feeling exhilarated.

Pilates

Discover how to build up your body and core from the inside out. This class is designed for all fitness levels, and will help you to find your center.

Body Tone

Intense full body conditioning class, designed to sculpt and increase muscle tone utilizing circuit training, interval training, plyometrics, supersets, and weight lifting. The routine will change constantly so you won't get bored.

Total Body Express

Strengthen the muscles of your core with an added aerobic aspect to burn fat and show off those sleek, toned Abs. Core training is an effective way to reduce the risk of lower back pain, neck pain, torn muscles, ruptured disks, strained ligaments and incontinence.

Spin / Cycle

Turn off the lights and take a ride in the dark, while the music helps you explore the intense side of interval training. The energy in this class is at an all time high, leaving you at the end of the class with pure satisfying exhilaration.

Tang Soo Do

Tang Soo Do is a traditional Korean Martial Art that is 2000 years old. It combines traditional techniques, self-defense and self-discipline. Students will see improved physical strength, stamina, and focus/concentration and most importantly, increased self-confidence. Techniques include kicking, punching, blocking, forms (hyung/kata), weapons, one step sparring and self-defense techniques

Body Shred

This is a HIIT in combination with circuits, performing strength exercises, cardiovascular and core strength into each circuit, All fitness levels welcome.

H.E.A.T

High Explosive Anaerobic Training concentrating on core strength and a variety of plyometric moves to challenge every muscle fiber in your body. 8-10 key exercises performed at 30 reps each before moving on to the next. Push your mind and body farther each time and see result

Power Pump

Get ready to get fit with a full body workout that incorporates each body part into a full song using counts using weights. Great for beginners or the expert, all levels welcome

Muscle Failure / Spin

All fitness levels are welcome to this multifunctional, fat burning, muscle toning, high energy class that uses high repetition and low weight to sculpt a "fit you".

All Level Yoga/Beginner Yoga/Yoga for Warriors

All Level Yoga uses traditional yoga poses to create a well- rounded flow workout with a gentle approach. This multi-level class is perfect for any athlete, yoga practitioner, or anyone interested in becoming stronger and more flexible. Yoga for Warriors works well for those who have experienced PTSD, TBI's, trauma, high stress and depression, see Maria, Tony and Amanda for more information. Beginners welcome.

Dan Zan Martial Arts

Conditioning through learning throws, blocks, strikes, falls, submission holds and escapes that with time and practice offer an effective way to have better chance at surviving an attack from a larger more skilled opponent. All levels welcome.

Ab Dominator/Spin

Combine abs and spin together in this 1 hour class. Begin with a spin class to work your fat burning zone and then finish with an intense ab program guaranteed to work your core.

PILOXING

PILOXING is an exciting Fitness Program that blends the best of Pilates, Boxing and Dance into a high energy interval workout. It is interval and barefoot training program that burns maximum calories, increases stamina and incorporates the use of weighted gloves for toning the arms.

Line Dancing

Learn the latest in line dancing and some of the oldies too, with this fun and easy to follow program.

Salsa

Join us for salsa, either with a partner or without. Learn the basics of salsa and eventually how to partner dance. Easy to follow and so much fun.