

August 2020

All classes held outside- will be 45 min in length to allow for proper sanitation before and after class. Bring water, your own yoga mat and towel. Wear sunscreen if necessary, dress accordingly. If rain or thunderstorms, class will be cancelled.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Instructors: AR-Alina Rodriguez BK-Bob Karnes EC-Emily Coleman GT-Gina Tuel KC-Ketsia Cordova	Instructors: TN-Tony Neal SG-Steffi Gooding JK-Jodi Kowalczyk JE-Jennifer Espinoza <i>*All classes are outdoors behind the bldg. by the Rock Climbing Wall.</i>	<i>*There are some days where we have no classes to offer. Many of our Instructors are enjoying their summer vacations during the month of August.</i>			<i>1</i> 1200-1400 Golden Sage Martial Arts-BK
<i>2</i>	<i>3</i> 0830 –Yoga w/Weights –EC 1700 Yoga-EC 1800 Zumba KC	<i>4</i> 0830 POUND—GT 1800 Strong Nation –KC	<i>5</i> 1200 Yoga– EC 1800 Zumba Gold– AR	<i>6</i> 0830 Yoga—EC 1800 Zumba-AR	<i>7</i> 0830 Fuse-JE	<i>8</i> 1200-1400 Golden Sage Martial Arts-BK
<i>9</i>	<i>10</i> 0830 Barre– JE	<i>11</i> 0830 POUND—GT	<i>12</i> 1800 Zumba Gold– AR	<i>13</i> 0830 Barre-JE 1800 Zumba-AR	<i>14</i> Training Holiday Gym Hours 1000-1700	<i>15</i> 1200-1400 Golden Sage Martial Arts-BK
<i>16</i>	<i>17</i> Training Holiday Gym Hours 1000-1700	<i>18</i> 0830 POUND—GT 1800 Strong Nation–KC	<i>19</i> 1200 Yoga-EC 1800 Zumba Gold-AR	<i>20</i> 0830 Yoga– EC 1800 Zumba-AR	<i>21</i> 0830 Fuse-JE 1800 FFT—SG	<i>22</i> 1200-1400 Golden Sage Martial Arts-BK
<i>23/30</i>	<i>24/31</i> <i>School back in session</i> 1700 Yoga EC 1800 Zumba KC	<i>25</i> 0830 POUND—GT 1800 Strong Nation–KC	<i>26</i> 1200 Tabata-JK 1800 Zumba Gold-AR	<i>27</i> 0830 Yoga– EC 1800 Zumba-AR	<i>28</i> 0830 Fuse-JE 1800-FFT-SG	<i>29</i> 1200-1400 Golden Sage Martial Arts-BK

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Fitness Class Details

<p>POUND- A full-body workout that usually lasts 45 minutes to an hour, Pound includes exercises that involve alternate squatting and standing to strengthen the inner and outer thighs, buttocks, core muscles, and back muscles. ... When you arrive at a Pound class, you will be provided a mat and ripstix.</p>	<p>Strong Nation is a high intensity interval class — think burpees, pushups, and other high-impact moves — that's synced to specific music. This is a high intensity workout for all levels.</p>
<p>Yoga With Weights targets the parts of the body where we hold the most stress: the knees, hips, low back, shoulders and core. This class combines a creative yoga flow with light weights and bodyweight intervals to provide a transformation workout designed to sculpt, lengthen, and challenge every major muscle group.</p>	<p>Barre One of the hottest trends in the industry - Barre-provide you exercises for that long, lean, sculpted look. A total body workout that lifts your booty, tones your thighs, abs and arms, and scorches fat away.</p>
<p>Golden Sage Martial Arts Golden Sage Martial Art classes are for ages 13 to 16 years of age with a parent present 17 years old with parental permission. We teach 18 years and older. 50 years and up have a great time in this art. Our martial art root system is called DanZan Ryu and it was founded in Hawaii in the 1930's. This is a comprehensive and complete martial art/healing art system. It contains all types of self-defense arts to be used for appropriate self - defense needs and traditional weapon arts or simply to study the joy of working together in positive movement in action. Many martial arts are explored to appreciate them and to learn how to apply or defend against them.</p>	<p>Fuse— High energy that combines a variety of training techniques for all fitness levels. Work the entire body and see the changes unfold class by class. The will love this class with upbeat music and an Instructor who loves what she does.</p>
<p>Yoga— Bringing Yoga back to its fundamentals and increase the intensity and movements through strength building and core focused execution. The mind and body are more powerful together. Namaste</p>	<p>Functional Fitness Training (FFT) A core strength & conditioning program that delivers fitness that is by design, broad, general, and inclusive. This class offers you a constantly varied, intense and functional 60 min training session—scaled to meet all fitness levels.</p>
<p>Yoga/Gentle Yoga A gentle yoga practice that will help transform your mind and body, ultimately helping you find inner calmness and peace. Enhance your strength, balance, flexibility and stability—leaving you feeling stronger and more centered. Just breathe... OM.</p>	<p>Pilates Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements.</p>
<p>Power Pump This class that strengthens your entire body and challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!</p>	<p>Biggest Loser 10 week program designed to help you to learn how to eat right and exercise week by week to change old habits and live a better life starting with the first day. Sign up at the front desk for more information. TBD</p>
<p>Zumba Zumba is perfect for everybody. We choreograph the workout by mixing low-intensity and high-intensity dance moves for an interval-style. "Dance your worries away!"</p>	<p>Tabata is a high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds .</p>
<p>Boot Camp 6 week program Tuesday and Thursday evening from 1800-1930. Boot Camp done the old fashioned way, you will earn your new body through good old fashioned sweat and maybe some tears. Don't be afraid of change. TBD</p>	<p>Muscle Madness Incorporates a mix of dumbbells, stability devices, resistance bands and body-weight exercises to build over all strength and endurance. Suitable for all levels.</p>
<p>Barre-Barric Beyond Barre meets HIP HOP and Weights, not for the faint of heart. Step up your game and join us for a Barre-barric exercise program.</p>	<p>Zumba Gold is a popular Zumba specialty for anyone needing a low intensity workout with modifications. This class feels more like a party; hot latin beats and international music will have you dancing back into fitness with ease!</p>

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