

TIMES;	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 am – 10 am		FIT CAMP Mark	FIT CAMP Mark	FIT CAMP Mark		
9 am – 10 am						YOGA Sally
10 am – 11 am		YOGA Cheryl	ZUMBA Amber	YOGA Cheryl		BELLY DANCE Sally
10: 15 am – 11:15 am	ZUMBA Jeremiah				ZUMBA Jeremiah	
11 am – 12 pm				ZUMBA Karet		SHiNE Kelsy
12 pm – 12:30 pm	FIT CAMP EXPRESS Marissa		FIT CAMP EXPRESS Marissa			
5:30 pm – 6:30 pm	ZUMBA Karet					
6 pm – 7 pm	FIT CAMP Mark		FIT CAMP Mark			
6:30 pm- 7 :30 pm		SHiNE Kelsy				

Fit Camp: A high intensity mix of training utilizing free-weights and bodyweight. This class is great for the expert, as well as the beginner. Jump into class with the mentality of getting your heartrate elevated, a good sweat, and understanding that you will have sore muscles.

Yoga: An aesthetic Hindu discipline involving controlled breathing, body positions, and meditation with the goal of attaining increased flexibility, strength, and relaxation.

Zumba: Dance fitness with a Latin flare! Move to the music for a total body workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility, boosted energy, and serious dose of awesome each time you leave a class!

SHiNE: A dance fitness class routed in traditional dance such as; jazz, hip-hop, and ballet. By taking these dances we create routines that are easy enough for beginners but challenging enough for the most seasoned dancers.

Belly Dance: Shake and shimmy your way to fitness! Learn the graceful and energetic movements of the world's oldest dance to build strength, increase flexibility, enhance coordination, and put some cardio into your day. **NO EXPERIENCE NEEDED!**