

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9am - 10am		FIT CAMP Mark	FIT CAMP Mark	FIT CAMP Mark		
9am - 10am						YOGA Sally
10am - 11am		YOGA Cheryl		YOGA Cheryl		
10:15am - 11:15am	ZUMBA Jeremiah		ZUMBA Karet		ZUMBA Jeremiah	
10:30am - 11:30am						SHINE Kelsy
12pm - 12:30pm	FIT CAMP EXPRESS Ty			FIT CAMP EXPRESS Ty		
5:30pm - 6:30pm	SHINE Michelle					
5:45pm - 6:45pm		SHINE Kelsy				
6pm - 7pm	FIT CAMP Mark		FIT CAMP Mark			

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.

