

MON

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## morning sessions

**INFERNO™**Trenille  
5:15 – 6:15 am**LET'S MOVE –  
Functional Movement**Dalton  
6:30 – 7:30 am**BOOTCAMP**Nicole  
9:00 – 10:00 am**BOOTCAMP**Nicole  
5:00 – 5:55 am**CYCLING**Trenille  
5:30 – 6:30 am**INSANITY®**Christine  
9:00 – 10:00 am**INFERNO™**Trenille  
5:00 – 5:55 am**INSANITY®**Jess  
6:00 – 7:00 am**T.R.X.®**Velvet  
9:00 – 10:00 am**BOOTCAMP**Nicole  
5:00 – 5:55 am**CYCLING**Trenille  
5:30 – 6:30 am**Pump Up**Christine  
9:00 – 10:00 am**INSANITY®**Jess  
5:15 – 6:00 am**T.R.X.®**Velvet  
9:00 – 10:00 am

## July CLASS SCHEDULE

**CYCLING**Nicole  
9:00 – 10:00 am**Zumba**Jess  
9:15 – 10:10 am

## afternoon sessions

**Pilates**Stephanie  
11:15 – 12:10 pm**T.R.X.®**Velvet  
12:15 – 1:15 pm**Pilates**Stephanie  
11:15 – 12:10 pm**T.R.X.®**Velvet  
12:15 – 1:15 pm**INFERNO™**Faith  
12:15 – 1:15 pm**T.R.X.®**Velvet  
11:15 – 12:15 pm**ABSolute Core**Velvet  
4:00 – 4:25 pm**T.R.X.®**Velvet  
4:30 – 5:25 pm**INSANITY® Live 30**Velvet  
5:30 – 6:00 pm**CYCLING**Elizabeth  
5:30 – 6:30 pm**Zumba 30**Jess  
6:00 – 6:30 pm**Krav-Maga**Mark  
6:30 – 7:30 pm**BOOTCAMP**Sheila  
4:30 – 5:25 pm**INFERNO™**Velvet  
5:30 – 6:25 pm**Yoga**Elizabeth  
6:30 – 7:25 pm**HIP-HOP ABS**Rochelle  
7:30 – 8:30 pm**INSANITY® Live 30**Alli  
4:30 – 5:00 pm**INFERNO™**Faith  
5:15 – 6:00 pm**CYCLING**Alli  
5:30 – 6:30 pm**Zumba Power Hour**Jess  
6:05 – 7:00 pm**ABSolute Core**Velvet  
4:00 – 4:25 pm**TRXtreme**Velvet  
4:30 – 5:25 pm**Kickboxing**Jess  
5:30 – 6:25 pm**CYCLING**Elizabeth  
5:30 – 6:30 pm**Zumba**Jess  
6:30 – 7:25 pm**HIP-HOP ABS**Rochelle  
5:30 – 6:30 pmFITNESS **ONE**™

# FITNESS **ONE**™

**ABSolute Core:** Focusing on the illusive abdominal muscles this short yet effective class utilizes a variety of equipment and exercises that target your core. A short and effective class, crush those abs in under 30 minutes.

**Bootcamp:** An intense mix of strength training, cardio, plyometrics and more for an amazing total body workout for athletic conditioning, explosive power, functional strength and improved overall fitness!

**Cycling:** In this intense indoor studio cycling class you'll burn mega calories while listening to fun music and challenging yourself to reach your physical and mental limits. Low impact and easy on the joints.

**Hip Hop (Abs)** Get ready to dance to the hottest hip-hop, new and old. Easy to follow routines and that pounding base will keep you moving the entire class. Plus get that awesome six-pack in our Hip Hop Abs version of the class!

**INFERNO™:** Come prepared for the workout of your life that includes varied strength training and cardio intervals for high intensity training. If you're looking for a class to push your limits for that ultimate workout, you've found it in Inferno™.

**Insanity®:** Come prepared for the workout of your life that includes always varied functional movements, plyometrics, and more that combines strength training and cardio for high intensity interval training.

**Krav-Maga:** Learn the Krav-Maga self-defense techniques from the best. Our Group format is safe, effective and fun for all!

**Let's Move:** This will be a progressive class working on common soft tissue issues, clearing up misunderstandings about posture, and teaching the correct way to do basic strength training exercises in a safe manner. An awesome supplement to anyone's fitness program – taught by Dalton Powers!

**Pilates:** In this class, you'll restore alignment in your body and build strength in your core. Pilates uses controlled movement and concentration and perfectly complements other types of exercise and training.

**Pump-Up:** A 60 min. weight lifting class using both body weight and free weights to build strength and power. Fast moving, full body workout for excellent strength and toning. For all body types, ages and abilities.

**R.I.P.E.D:** Resistance. Interval. Power. Plyometric. Endurance. Diet. This class offers a plateau-proof, challenging workout using high intensity cardio, weight training, Mixed Martial Arts, plyometrics and body weight exercises. An athletic based program for all ages and levels!

**TRX®:** In this class you'll use one of the most versatile body-weight training tools in the industry. Developed by a US Navy Seal, the TRX® suspension trainer builds strength, balance, flexibility and core stability.

**TRXtreme:** An awesome total body workout combing TRX® suspension training for strength with HIIT intervals for cardio.

**Zumba®:** Combining the world of international rhythms, you will burn calories while having a blast in this aerobic dance class. Ditch the workout, join the party!

**Zumba® Power Hour:** Take your Zumba up a level with Zumba Power Hour – an intense combination of the Zumba you love mixed with rounds of total body strength training! *New and exclusive to Fitness One!*

**YOGA:** Take time for yoga! You'll leave feeling relaxed and refreshed from this class that focuses on flexibility and toning.