

AEROBIC/ZUMBA/SPIN MARCH 2020



8:15AM	SIT FIT PLATFORM (30 MINUTES) LEVEL 1	
9:00AM	CARDIO INTERVAL (60 MINUTES)	
2:00PM	EASY DOES IT EXERCISE (60 MINUTES)	LEVEL 1-2
6:00PM	ZUMBA (60 MINUTES)	LEVEL 1-3
6:30PM	SPIN (45 MINUTES)	LEVEL 1-3

MONDAY

TUESDAY

9:30AM	ZUMBA (60 MINUTES)	LEVEL 1-3
10:00AM	SPIN RIDE (60 MINUTES)	LEVEL 1-3
4:30PM	HITT	LEVEL 1-3

WEDNESDAY

8:15AM	SIT FIT (PLATFORM) (30 MINUTES)	LEVEL 1
9:00AM	20/20/20 (60 MINUTES)	LEVEL 2-3
10:00AM	SPIN (45 MINUTES)	LEVEL 1-3
12:00PM	EASY DOES IT EXERCISE (60 MINUTES)	LEVEL 1-2
4:30PM	HITT	LEVEL 1-3
5:45PM	ZUMBA GOLD (45 MINUTES)	LEVEL 1-3
6:15PM	MEMBERS CHOICE (45 MINUTES)	LEVEL 1-3

THURSDAY

9:30AM	ZUMBA (60 MINUTES)	LEVEL 1-3
10:00AM	SPIN JOURNEY (60 MINUTES)	LEVEL 1-3
4:30PM	HITT	LEVEL 1-3
5:30PM	ZUMBA (60 MINUTES)	LEVEL 1-3

FRIDAY

8:15AM	SIT FIT (PLATFORM) (30 MINUTES)	LEVEL 1-3
9:00 AM	CARDIO CUT (60 MINUTES)	LEVEL 1-3
4:30P	HITT	LEVEL 1-3

SATURDAY

8:30AM	SPIN RIDE (60 MINUTES)	LEVEL 1-3
11:30AM	ZUMBA GOLD (60 MINUTES)	LEVEL 1-3

LEVEL 1 - BEGINNERS LEVEL 2 - INTERMEDIATE LEVEL 3 - ADVANCED

BOOTCAMP CARDIO A one hour class, starting with a 5 to 10 minute full-body cardio warm-up, followed by a full-body stretch to prep the muscles for what lies ahead. This class is no holds barred cardio. You will run, jump, hop, crawl, press, kick, pulse, laugh, scream and push yourself to a better you! Come prepared to motivate your "teammates" and challenge yourself to expanded limits. Class will end with stretching and about ten minutes of abs on the floor.

BOOTCAMP CIRCUIT: A 60 minute class packed with Bootcamp exercises in a circuit style rotation. It's a full body workout. Just when you get bored of one exercise, it will be time to SWITCH. You will complete all of the exercises in two to three different circuits in the one hour class. There will often be some cardio breaks and other surprises thrown in for fun!

Bootcamp Step: A 60 minute class that will have you using the step in ways you may not have thought of before. It is a combination of traditional step movements as well as Bootcamp style cardio, strength, plyometrics and resistance training using the step as your equipment. It is fast paced and non-stop. Plan to take breaks when you need them! (You can also do this class on without the step if you want to take it down a notch or two.)

CARDIO CUT: A 60 MINUTE CLASS OF PURE FUN, NON-STOP, HIGH INTENSITY CARDIO AEROBIC MOVES. MOVING FROM UPPER BODY TONING TO LOWER BODY TONING USING WEIGHTS, BODY BAR, BODY BALLS AND GLIDERS. THIS CLASS FINISHES WITH AN AWESOME AB WORKOUT.

CARDIO INTERVAL: A 60 MINUTE CLASS ALTERNATING CARDIO AND STRENGTH TRAINING. EACH SONG CHANGES FROM CARDIO TO STRENGTH GIVING YOUR BODY A COMPLETE WORKOUT AND CHALLENGE.

EASY DOES IT EXERCISE: Low-intensity exercise incorporating yoga breathing, seated warm-ups, standing/seated aerobic and strength work, floor/seated stretches and yoga relaxation. Suitable if you find standing or floor work a challenge since you may stay seated for the whole class, but with options to provide an active workout.

HITT: A 60 minute class featuring High intensity training maximizing results in a short time frame.

HUSTLE WITH MUSCLE--LINE DANCING: LINE DANCE FITNESS THAT COMBINES LINE DANCE MOVES WITH OCCASIONAL/OPTIONAL USE OF VERY LIGHT WRIST WEIGHTS OR MINI EXERCISE BALLS.

SIT FIT: A 30 MINUTE EXERCISE CLASS USING HAND WEIGHTS AND BANDS WHILE SEATED IN A CHAIR. A GREAT CLASS DESIGNED FOR OUR DISTINGUISHED AND ASTUTE (OLDER) POPULATION.

STEP: A 60 minute class using the step. This step class is minimal choreography; maximal cardio and caloric burn!

20/20/20: THIS GREAT ON HOUR CLASS IS A COMBINATION OF UPPER BODY STRENGTH EXERCISES, LOW IMPACT AEROBICS AND LOWER BODY STRENGTH EXERCISES. IT IS A TOTAL BODY WORKOUT YOU ARE SURE TO LOVE.

ZUMBA: THIS IS A LATIN INSPIRED DANCE FITNESS CLASS THAT INCORPORATES LATIN AND INTERNATIONAL MUSIC WITH DANCE MOVEMENTS. THE CLASS FORMAT COMBINES FAST AND SLOW RHYTHMS THAT TONE AND SCULPT THE BODY IN AN AEROBIC FITNESS FASHION TO ACHIEVE A UNIQUE BLENDED BALANCE OF CARDIO AND MUSCLE TONING BENEFITS. IT'S A FEEL GOOD CLASS!

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