

Class Descriptions

Chair Yoga– A gentle form of yoga that is practiced sitting and standing using a chair for support. Improve your flexibility and blood flow through this relaxing class!

Core Blast- This 30 minute all-out class is designed to focus on strengthening and toning your core muscles. Be ready for a total abdominal burn!

Cycle Fusion- A high intensity class that incorporates Spin cycles and body weight exercises. Increase your endurance and break a sweat all at once!

Easy Yoga Stretch - Focus on the basics of breathing and personal movement in this class. Sometimes a gentle stretch can bring greater results when your body is tight!

Hatha Yoga– Promote blood flow and reconnect with your primal energy systems in this class. A great flow with even better breathing will leave you feeling amazing after this class.

HIIT Cardio- Maximize fat burn and strengthen the body through dynamic total body movements with High Intensity Interval Training!

Kettlebell - Functional, compound exercises work multiple muscle groups simultaneously, developing strength and endurance along with efficient calorie expenditure.

On the Ball - Intensify your workout and tighten your core. Fitness tasks performed on the stability ball encourage engagement throughout the entire range of motion.

Pole Fitness - A versatile class that will increase your overall strength while increasing your endurance, with grips, climbs, spins, and inversions. Get fit while having fun!

Pound- Sweat, sculpt and rock out with pound! Pound is a full body cardio jam session that will make you sweat while sculpting your body as you rock out to your favorite songs!

SHiNE- This dance fitness class is rooted in traditional dance such as Jazz, Hip Hop, and Ballet. The routines are easy to follow, fun, and choreographed to all top 40 Hits!

Spin Plus- Have a different workout every class! The first 30 minutes of this class is a mixture between weights, HIIT, endurance training, and body weight exercises. The last 30 minutes of the class is an all-out Spin workout!

STRONG – Strong By Zumba is a high intense interval training classes using more traditional fitness moves for a more athletic condition style workout. You use your own body weight as a resistance to achieve muscle definition.

Vinyasa Yoga – A style of yoga characterized by flowing from one posture to the next, seamlessly, using breath work. Vinyasa offers a variety of poses and no two classes are ever the same!

Yoga Fusion- This class combines strength training with weights with an intense yoga workout. No class is the same!

Zumba- This Latin music inspired dance fitness class will get you working up a sweat while dancing to choreographed dance workouts!



FEBRUARY GROUP FITNESS 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
5:30P – 6:30P KETTLEBELL - SHEILA 6:00P – 7:00P CYCLE FUSION - LARRY 6:30P – 7:30P YOGA FUSION - EVELYNA	9:30A – 10:30A VINYASA YOGA - KATIE 5:30P – 6:30P SPIN PLUS - LARRY 5:30P – 6:00P CORE BLAST - RACHEL 6:00P – 7:00P POUND - RACHEL 7:00P – 8:00P POLE FITNESS - RACHEL 7:15P – 8:15P HATHA YOGA - EVELYNA	9:30A – 10:30A ON THE BALL - EVELYNA 10:30A – 11:30A CHAIR YOGA - EVELYNA 5:30P – 6:00P CORE BLAST - RACHEL 6:00P – 7:00P HIIT CARDIO - RACHEL 7:00P – 8:00P ZUMBA - JENNY 7:00P – 8:00P POLE FITNESS – RACHEL 8:30P – 9:30P POLE TRICKS - CHRISTEN	10:30A – 11:30A WATER AEROBICS - KAREN 6:00P – 7:00P KETTLEBELL - SHEILA 7:15P – 8:15P HATHA YOGA - EVELYNA FRIDAY 8:00A – 8:45A SHiNE - CHRISTEN	8:00A – 9:00A SPIN - LARRY 9:15A – 10:15A KETTLEBELL – SHEILA 10:00A – 11:00A POWERLIFTING (Held at CFC WL Center) 10:15A – 11:45A CORE BLAST - SHEILA 11:00A – 12:00P DANCE CARDIO - STEPHANIE SUNDAY 9:00A – 10:00A EASY YOGA STRETCH - EVELYNA

Group Fitness Room
 Pool
 Spinning Room
 Aerial Room
 WeightLifting Center - Smith Rd

FEBRUARY CLASS NEWS

- Shine cancelled Fri Feb 8th



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-8am OPEN 8-10am WL	6-8am OPEN	6-8am OPEN	6-8am OPEN	6-8am OPEN 8-10am WL	10am-12pm
12-2 pm Open Lift	12-2pm Open Lift	12-2pm Open Lift	12-2pm Open Lift	12-2pm Open Lift	12-2pm Open Lift
6-8pm WL 6-8 PL	6-8pm PL	6-8pm WL	6-8pm WL	6-8pm WL	

**PL=Powerlifting **WL= Weightlifting