

# JAN-MAR 2020

# GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:30-9:30AM</b> <b>ZUMBA</b>	<b>8:30-9:30AM</b> <b>PUMP</b>	<b>5:30-6:15AM</b> <b>CYCLING</b>	<b>8:30-9:30AM</b> <b>ZUMBA TONING</b>	<b>8:30-9:30AM</b> <b>SPIN FUSION</b>	<b>8:30-9:15AM</b> <b>STRONG BY ZUMBA</b>
<b>9:30-10:15AM</b> <b>POPS MAYHEM</b> (Court 3)	<b>11:30-12:30PM</b> <b>YOGA</b>	<b>8:30-9:30AM</b> <b>POWER YOGA</b>	<b>10:00-11:00AM</b> <b>BOOT CAMP CIRCUIT</b> (Court 3)	<b>10:00-11:00AM</b> <b>YOGA</b>	<b>9:45-10:45AM</b> <b>YOGA</b>
<b>10:00-11:00AM</b> <b>SHRED</b>	<b>5:00-5:45PM</b> <b>BOOT CAMP CIRCUIT</b> (Court 3)	<b>10:00-11:00AM</b> <b>PUMP</b>		<b>11:30-12:30PM</b> <b>PUMP</b>	
<b>11:15-12:00PM</b> <b>HIIT</b>	<b>5:30-6:30PM</b> <b>YOGA</b>	<b>11:15-12:00PM</b> <b>HIIT</b>	<b>5:30-6:30PM</b> <b>YOGA</b>	<b>6:15-7:00PM</b> <b>ZUMBA TONING</b>	
<b>5:30-6:30PM</b> <b>CYCLING</b>		<b>5:30-6:30PM</b> <b>ZUMBA</b>			
<b>7:00-8:00PM</b> <b>YOGA</b>		<b>6:45-7:30PM</b> <b>SHRED</b>			

Boot Camp Circuit- Build strength and endurance as you perform a circuit type workout using a variety of equipment.

Cycling - An awesome cardio workout on stationary bikes.

HIIT- Perform high intensity intervals of strength and/or cardio to get a great metabolic workout.

POPS (Parents of Preschoolers) Mayhem- Bring your little ones to this functional fitness class. All types of modifications will be given so it is open to everyone.

- There is NO child care provided for this class. You are responsible for them during this class.

Power Yoga- Increase strength and flexibility in this challenging yoga practice.

Pump- A strength class using bars, plates and dumbbells. Improve muscular endurance all while lifting to energetic music.

Shred- This high rep strength class will improve muscular endurance and strength. Use a variety of equipment such as medicine balls, weights, bands, etc.

Spin Fusion- A high energy spin class with strength and core intervals implemented, making it an optimal workout.

Strong by Zumba- Muscle conditioning, cardio and plyometric exercises to high energy music.

Yoga- Bring together your mind, body and spirit while you relax and increase flexibility.

Zumba- Join the party! Have a blast while dancing off the calories.

Zumba Toning- Take your favorite zumba class and add body sculpting moves for a calorie torching, strength training workout.

**CHARLES KING FITNESS CENTER**



\*Schedule subject to change without notice.

\*Classes are designed for all fitness levels.

\*Contact Charles King Fitness Center at 333-2049 for more information.