



# NEW Class Schedule



	<i>Time</i>	<i>Class</i>	<i>Instructor</i>
<b>Monday</b>	8:30 am	HATHA YOGA	Sky
	10:00	SILVER SNEAKERS CLASSIC	Iris
	11:00	ZUMBA	Iris
	11:00	AQUATIC CROSS TRAINING	Marline
	7:00	SPINNING	Marty
	7:00	ELITE PHYSIQUE BOOT CAMP CARDIO	Ric
<b>Tuesday</b>	9:00	<small>NEW</small> PILATES	Avion
	11:00	SILVER SNEAKERS CLASSIC	Patrice
	12:00 pm	AQUA ZUMBA	Patrice
	7:00	ELITE PHYSIQUE BOOT CAMP CORE & ABS	Dolo/Devale
	8:00	SPINNING	Tony
	8:00	LET'S GO ROW	Rox
<b>Wednesday</b>	6:00 am	SPINNING	Rawle
	8:30	HATHA YOGA	Sky
	9:30	CARDIO KICKBOXING	Scott
	6:00 pm	BOXING CONDITIONING (3RD FLOOR)	Diggem
	7:00	ELITE PHYSIQUE BOOT CAMP CONDITIONING	Ric
<b>Thursday</b>	9:30	<small>NEW</small> ZUMBA	Iris
	10:30	SILVERSNEAKERS CLASSIC	Iris
	12:00 pm	AQUATIC CROSS TRAINING	Avion
	7:00	<small>NEW</small> ELITE PHYSIQUE STRENGTH CIRCUIT TRAINING	Dolo
	7:30	SPINNING	Marty
	8:00	PURMOTION 3 <sup>RD</sup> FLOOR	Rox
<b>Friday</b>	8:00 am	SPIN	Rawle
	8:30	HATHA YOGA	Kathy
	9:30	CARDIO KICK BOXING	Scott
	11:00	SILVERSNEAKERS CIRCUIT	Patrice
<b>Saturday</b>	8:00am	ELITE PHYSIQUE BOOT CAMP (ON FIELD)	Ric
	9:00	SPINNING	Rawle
	9:00	ZUMBA	Roxie
	10:00	CIRCUT TRAINING	Rawle
	12:00 pm	ROC'S PURMOTION BODY BLAST	Rox
<b>Sunday</b>	9:00 am	SPINNING	Marty

**Cardio Kickboxing** – A combination of Cardio & Kickboxing moves that will get your body into fighting shape.

**Boot Camp** – A total body work out given by our Elite Physique Drill Sergeants'. Be Ready to Work!

**Peak Performance** – Cut Fat & Increase Functional Mobility, Heart pumping and Body jumping Choreographed to the latest music. This is a high Intensity, body carving work out.

**Insane Abs** – Burn Belly Fat away with an array of intense abdominal exercises that will tone and sculpt your midsection.

**Zumba Strong** – High Intensity interval training, the music and moves will help you reach your fitness goals.

**Purmotion Boot Camp** – Gain core strength, better management of your entire body and overall enhanced performance.

**Boxing Conditioning** – Introduction to boxing and self-defense.