



# NEW Class Schedule



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