



NEW Class Schedule



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