

**FLEX 24**

# GROUP FITNESS

**Effective**

**June 1st**

## CLASS DESCRIPTION

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY**

5:30 AM	<b>45'</b> BURN & FIRM Mia	<b>45'</b> <b>BODYPUMP</b> Agatha	<b>45'</b> RPM Mia	<b>45'</b> <b>BODYPUMP</b> Agatha	<b>30'</b> LESMILLS CORE Mia	
8:00 AM						<b>45'</b> RPM Agatha
9:00 AM	<b>55'</b> <b>BODYPUMP</b> Jamie	<b>55'</b> <b>BODYCOMBAT</b> Jill	<b>55'</b> <b>BODYPUMP</b> Jill			<b>55'</b> <b>BODYPUMP</b> Jill
10:10 AM	RPM Ginna		RPM Ginna		RPM Ginna	
12:10 PM	<b>45'</b> RPM Brittney	<b>45'</b> <b>BODYPUMP</b> Mia	<b>30'</b> BODY BALANCE Rogelio	<b>45'</b> <b>BODYPUMP</b> Mia		
5:45 PM	<b>55'</b> <b>BODYPUMP</b> Ryan		<b>55'</b> <b>BODYPUMP</b> Jamie		<b>**FLEXKIDS**</b>	
6:00 PM		<b>45'</b> RPM Rogelio		<b>45'</b> RPM Rogelio	MONDAY - FRIDAY 8AM - 1PM to 4PM - 8PM	SATURDAY 8AM - 1PM      SUNDAY CLOSED

<b>BODYPUMP</b>	GAIN STRENGTH & TONE MUSCLE USING A BARBELL
<b>BODYBALANCE</b>	LOW INTENSITY WORKOUT A MIX OF PILATES, YOGA, & TAI-CHI
<b>BODYATTACK</b>	CARDIO WORKOUT TO BUILD STAMINA & STRENGTH
<b>BODYCOMBAT</b>	STRIKE, PUNCH, & KICK YOUR WAY THROUGH CALORIES
<b>RPM</b>	RIDE TO THE RHYTHM OF POWERFUL MUSIC - INDOOR CYCLING
<b>LESMILLS CORE</b>	CORE WORK WITH PLATES & BANDS WITH STRETCHING
<b>BURN &amp; FIRM</b>	MIXED CARDIO INCORPORATING STEP AND HIIT

