



Market Square

Fitness Class Schedule: **January 9th – January 31st**
(Class Schedule subject to change based on member participation)

Facility Hours: Monday – Thursday 5a.m. – 8p.m.
Friday 5a.m – 7p.m.

Fitness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 a.m.	Cycling 6:30 – 7:30 Instructor: Mary Beth *Limited Space*				
10:00 a.m.	AOA 10:00 – 11:00 Instructor: Kim		AOA 10:00 – 11:00 Instructor: Kim		
11:00 p.m.					
12:00 p.m.	Pilates 12:15 – 1:00 Instructor: Monica				Zumba 12:15 – 1:00 Instructor: Pam
4:00 p.m.	Strong 4:15 – 5:00 Instructor: Pam	Zumba 4:15 – 5:00 Instructor: Pam	Strong 4:15 – 5:00 Instructor: Pam	Zumba 4:15 – 5:00 Instructor: Pam	
5:00 p.m.	Cardio Kickboxing 5:30 – 6:15 Instructor: Mary Beth	TNT 5:00 – 5:45 Instructor: Linda		TNT 5:00 – 5:45 Instructor: Jodi	
6:00 p.m.					

Coming Soon! – Brand new cycling classes will begin in February. Come enjoy a class designed for beginner – experienced level participants looking for a great, motivating workout!!

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Class Descriptions

ZUMBA – Zumba is a Latin inspired dance fitness class with a mix of Latin and International music. This program features aerobic/fitness interval training with a combination of fast and slow rhythms to tone the body. Zumba combines high energy, motivating music, and unique dance combinations.

Y CYCLING *Limited Space* – Cycling is an excellent class for any fitness level. This class is designed to put you through a challenging cycling workout in a motivating group setting. Be ready to sweat as you cycle through intervals of hills and flat sprints.

TNT (Tone and Trim) - Get back to the basics! TNT is designed to improve flexibility and build strength through a variety of floor exercises. This class will get you toned and trim in a great group atmosphere.

AOA (Active Older Adults) – A class designed for older adults. Workouts include cardio, strength training, exercise balls and Yoga. Stay fit at any age with this fun and motivating class.

STRONG - Sculpt your body from head to toe using weights, tubing, bands, balls and more. Strengthen and define your muscles, lose fat, and increase your metabolism as you chisel the body of your dreams.

CARDIO KICKBOXING- This 45 minute class is an exciting, high-energy workout using the fundamentals of boxing. It includes shadow boxing, kicks and blocks, coordination skills and upper body toning. This class includes a warm-up, cardio kickboxing section, and ends with a cool down.

PILATES- Pilates is a series of whole body exercises designed to build strength while developing balance and flexibility. Primarily, these exercises focus on the body's abdominal and back muscles and on spinal mobility.

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