



NOVEMBER 2018

Class Schedule: Each Class is 50 Mins in Length

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
MORNING CLASSES							
5:15AM		MJS ENERGY & BALANCE KEVIN	CRC KEVIN	SPIN KEISHA			
8:00AM			TONE IT UP! DOMINIQUE 8:30AM			XTREME FAT BURN DOMINIQUE	GENTLE FLOW YOGA SHEENA 8:15AM
9:15AM	SPIN PAULA	X-WOD KEVIN	VINYASA FLOW SHEENA 9:30AM	SPIN FALICIA	X-WOD KEVIN	MOBILITY, CORE &STRETCH DOMINIQUE 9:00AM	SPIN & ABS JUNIOR 9:30AM
10:15AM		MOBILITY, CORE &STRETCH DOMINIQUE		MOBILITY, CORE &STRETCH DOMINIQUE		X-WOD DAVID	
AFTERNOON & EVENING CLASSES							
5:30PM	CRC DAVID	TABATA JUNIOR	FULL BODY BLAST GINA	CRC DAVID	SPIN KEISHA		
6:30PM	X-WOD GINA	SPIN KEISHA	SPIN JUNIOR	SPIN KEISHA			
7:30PM	FIT N CURVY GINA						

Registration

To guarantee members a spot in any one of our classes, we offer individual registration up to twenty-four (24) hours in advance! To register for a class, please follow one of the two (2) procedures:

- 1) In person registration at the front desk of Club Fitness. The class sign in sheet for the current and next day will be available and on display for your convenience.
- 2) Call in to register. This option is **available only to members with a monthly or longer membership and is available only on the day of the desired class, before 3:00PM.** For weekend classes, call in registration will **only be open the previous day before 3:00PM.**

Pre-registration is not required; however, we do encourage that you to take advantage of this unique offering as classes can reach capacity quickly!

Please note; we request that if you are unable to attend a registered class that you provide advanced timely notice so that any members on the waiting list may be contacted. **Failure to attend any pre-registered class twice (2) within any given month, without prior notice, will result in an imposed restriction of that member's ability to pre-register for a period of one (1) month.** Thank you for your cooperation and understanding as we aim to provide the very best service to all of our members.



CLASS DESCRIPTIONS

CARDIO RESISTANCE CORE (CRC) - The perfect circuit class, a combination of high intensity interval training exercises to sculpt those abs, burn those calories and give you that lean toned body you desire! The best of 3 worlds!

FIT N CURVY - Trying to get firmer legs and glutes?! Want that toned mid-section? Join us for this interactive workout which is sure to give you results. This class will provide the extra push you need to get you on your way to the dream body you want! Each workout will be specifically tailored week to week; so, come prepared to work!

FULL BODY BLAST - This interactive, fast paced and FUN workout includes a combination of Resistance, Core and Cardio. This combination will torch the fat and shape the entire body. In addition to a healthy lifestyle this workout will assist in achieving those results you want. Tight, toned body, here we come!

GENTLE FLOW YOGA - A rejuvenating class using postures and stretches in combination with breath to develop flexibility, while awakening and warming up the body's muscles. This class is a great precursor before a more vigorous workout.

MJS ENERGY & BALANCE – Who doesn't want more energy during the day. Join our MJS Energy & Balance Class. Make this a part of your morning ritual and get those positive vibes going. Experience a variety of movements and exercises designed to not only build strength and speed but also body awareness. Come on in and prepare your mind and body for the day ahead with this invigorating and challenging class, designed to test the body both physically and mentally. WAKE UP and JUMP START your day.

MOBILITY, CORE & STRETCH – This class provides cutting edge mobility “drills” that will make you move more freely. The focus is to regain your full Range of Motion in your joints, release muscle tension, enhance your neuromuscular coordination which includes stabilization, balance, proper posture, and the strengthening and protecting of the spine.

SPIN – Indoor cycling with certified **SPINNING** instructors focuses on improving cardiovascular fitness, overall endurance and strength. This class prepares you for race day by using intervals, HITT, hill climbs and sprints, all while using stationary bicycles. With seasoned instructors, the exciting ride is made safe and perfect for fitness enthusiasts of all levels.

TABATA - Tabata is a form of high intensity training whereby a single exercise is performed for 8 rounds; 20 seconds on, 10 seconds off and then jumps straight into the next exercise which repeats the same format. This class is sure to target all areas of your body and test your limits.

VINYASA FLOW - A dynamic class focused on full body strength and balance. This lively class promotes increased fitness levels as you move through a series of yoga poses at a moderate pace.

XTREME WOD (X-WOD) - X-WOD will enhance your Cardiovascular Endurance, Strength, Speed and Power! You will shred body fat, increase muscle mass and keep you burning calories for hours after the class!

XTREME FAT BURN - What are you waiting for? Will it be slow or fast, short or long, heavy or light? Be surprised and come prepared to sweat!