

Winter 2018 Group Fitness CLASS SCHEDULE



785-456-9956, Open 24 hours, 7 days
Staffed: M-U 8am-5:30pm. Friday 8am-3pm

All classes are 45 minutes in length

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 AM	Cardio, Kick & Core	Power Yoga	TNT	Power Yoga	Insane Intervals
8:00 AM – 10:00 AM	Childcare Available	Childcare Available	Childcare Available	Childcare Available	Childcare Available
8:15 AM	Cardio, Kick & Core	Daylight Yoga	Circuit City	Daylight Yoga	Insane Intervals
9:15 AM	Functional Fitness	Gentle Yoga	Functional Fitness	Gentle Yoga	
EVENING	TNT 4:15 PM	Boot Camp 6:15 PM	Relax and Renew Yoga 5:30 PM	Boot Camp 6:15 PM	
	Kid FIT 5:15 PM	Childcare Available (6:00-7:00PM)	Childcare Available (5:30-6:15PM)	Childcare Available (6:00-7:00PM)	

Boot Camp - Challenge your mind. Challenge your body. This combo class includes strength, cardio, muscle endurance, flexibility and core. *All levels.*

Cardio, Kick & Core - Heart-pumping, fat-burning cardio and kickboxing. Get strong and improve endurance.

Childcare - In-house childcare is available for you while you exercise. Multiple pricing options. Call for more details.

Circuit City - Just like it sounds! Join us for a fun, self-paced, all-levels circuit workout using a variety of equipment.

Daylight Yoga – Begin your day with soothing escape of yoga flows as you strengthen and stretch your muscles. *All levels.*

Functional Fitness - Get fit for a lifetime of health! Condition your heart, strengthen your muscles, improve your flexibility, and increase your balance with this age-defying workout. *All levels*

Gentle Yoga - Can be done in a chair or on the mat. Learn the basic moves of yoga while you stretch your mind and your body with easy to follow flows. *All levels*

Insane Intervals - Cardio and strength together to make one effective workout. Various class formats. *All levels.*

***Kid Fit** - Kids 6-12 yrs old play active games & participate in fitness challenges to build the base for aspiring athletes.

Power Yoga – Set to uplifting contemporary music, this challenging class will build on strength, endurance, and flexibility through powerful flows. Cues & modifications used to customize your practice. *Intermediate to Advanced*

Relax and Renew Yoga – Take a moment for yourself!! This class is perfect for couples or individuals needing to renew their energy and focus on themselves. This class focuses on the entire body by building short flows with special emphasis on breath and posture alignment. The basic poses can be modified to make them either more restorative or challenging. For all levels.

TNT - Blast off the calories with a strength and conditioning class targeting the whole body. *All levels*

*Youth specific classes are developed and appropriate for specified ages to attend. Age policy will be enforced on all other classes (13-14 yrs of age must be accompanied by an adult, 15+ can attend any class without supervision).