



## Calendar - Tates Creek Rd

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	Cycle 45		Tabata	TRX	Kettlebells		
8:30						Cycle 45	
9:00	RIPD 360	TRX		Countdown	Tabata		
9:15						Kettlebells	
10:00		Barre Sculpt 360			Proof Barre 45	TRX	
10:15			Core Yoga				
10:30						Barre Sculpt 360	
10:45					Core Yoga		
11:30	Silver Sneakers	Silver Sneakers		Silver Sneakers			
12:30				Able and Fit			
3:00							Barre Sculpt 360
4:00							Core Yoga
5:30	Mat Pilates 60			Barre Sculpt 360			
6:00		TRX					
6:30		Cycle 45	Ignition				
7:00	Core Yoga						

### Description

Kettlebells	Total body workout! This Kettlebell workout will get your heart rate up and challenge your body by combining both functional and compound exercises. If you have experience with Kettlebells or not, this class is welcoming and challenging.
Tabata	A challenging cross training class using seven 4 minute blocks that alternate 20 seconds of work and 10 seconds recovery. High intensity intervals of cardio and strength training.
Core Yoga	It begins with core strength. You will learn how to engage your core muscles to practice a flowing yoga class that is adaptable to all fitness levels. Balance, strength, stamina, rest, relaxation.
Cycle 45	You are on a stationary bike that will take you on a journey through flat roads, hill climbs, sprints, etc. Incredible music and a fun challenging atmosphere. All fitness levels.
TRX	Invented by a Navy SEAL, TRX suspension training leverages gravity and body weight for a total body workout that helps develop strength, balance, flexibility and core stability simultaneously.
Barre Sculpt 360	Ballet inspired. Posture improving. High repetitions of body weight exercises consisting of mainly lower body but also focusing on core throughout and an upper body segment. All fitness levels welcome
Fusion	A fusion of cycling, rowing and strength training in one class! High Calories burner. All fitness levels welcome
Ignition	Cardio driven class that consists of easy to follow dance choreography including a little hip hop and strength. All fitness levels welcome
RIPD 360	Muscle work. Strengthening, conditioning, sculpting and defining. Keep your muscles always guessing in this total body workout. Every class has a different spin!
Countdown	It's as easy as 4, 3, 2,... all in 1 hour. Old school style and back to the basics. 4 minutes of cardio, 3 minutes of lower body work, 2 minutes of upper body work. 5x then core conditioning and cool-down. 60 mins. All fitness levels
Mat Pilates 60	A system of controlled exercises that engage the mind, core and conditions the total body. Modifications will be demonstrated.
Silver Sneakers	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and cardio vascular endurance. A variety of equipment will be used including a chair.
Able and Fit	A fun, welcoming, action packed fitness class that promotes optimal health and well-being to individuals with Special Needs. A variety of equipment will be used and modifications will be demonstrated for exercises.



## Calendar - West Main

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45			Cycle 45				
9:30						Tabata+	
11:45				Mat Pilates 60			
12:00	Barre Sculpt 360	Psycho Circuits	Barre Sculpt 360	Physcho Circuits	Proof Boxing		
		Core Yoga			Yoga Recovery		
4:30							
4:45	Mens LSC Elite Training U11-U15	Ladies LSC Elite Training U11-U15	USC Elite Training U7-U10 LSC Indoor Fac	Ladies LSC Elite Training U11-U15	Mens LSC Elite Training U11-U15		
5:30	Proof Boxing	Hot Power Yoga	Proof Boxing	Hot Pilates Mix			
6:00	Mens LSC Elite Training U16-U19	Ladies LSC Elite Training U16-U19		Ladies LSC Elite Training U16-U19	Mens LSC Elite Training U16-U19		

### Description

Tabata	A challenging cross training class using seven 4 minute blocks that alternate 20 seconds of work and 10 seconds recovery. High intensity intervals of cardio and strength training.
Core Yoga	It begins with core strength. You will learn how to engage your core muscles to practice a flowing yoga class that is adaptable to all fitness levels. Balance, strength, stamina, rest, relaxation.
Cycle 45	You are on a stationary bike that will take you on a journey through flat roads, hill climbs, sprints, etc. Incredible music and a fun challenging atmosphere. All fitness levels.
Barre Sculpt 360	Ballet inspired. Posture improving. High repetitions of body weight exercises consisting of mainly lower body but also focusing on core throughout and an upper body segment. All fitness levels welcome
Proof Boxing	8 Rounds of boxing on the Heavy Bag. Each Round 3 minutes. Core and body weight exercises will be scattered throughout the rounds. Gloves and hand wraps are worn.
Hot Power Yoga	Combines aspects of two popular modern types of yoga.- Hot Yoga and Pwer Yoga. Practiced in a heated room, to loosen muscles and encourage sweating detoxification. Water bottle and towel is a must!
Hot Pilates Mix	A challenging class that consists of basic pilates principles, strength conditioning and cardio to give you an action-packed, quick-paced workout all in a heated room. Water bottle and towel is a must!
Psycho Circuits	Tactical conditioning designed to ptimize high intensity interval training. Using a variety of space and equipment, this class is a high calorie burner and challenging.
Mat Pilates 60	A system of controlled exercises that engage the mind, core and conditions the total body. Modifications will be demonstrated.