


MARCH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30	Cardio Boot Camp Crystal	Tabata Mark	Cardio Boot Camp Mark	Station Rotation Mark	Cardio Boot Camp Adam	
8:00	Functional Strength Cheryl					**Saturday Classes Begin March 9th
9:15						Saturday Spin Debbie
10:15						Senior Strength Debbie
11:00					Stretch & Flex Crystal	
11:30		Holy Yoga Cheryl		Holy Yoga Cheryl		
12:15	Pilates Xpress Lynn	Functional Strength Cheryl			Senior Strength Crystal	
5:45	Strength Circuit Adam		Strength Circuit Adam			
6:45			 Kickboxing Kaylee			

Boot Camp: Boot Camp is our body weight class involving cardio and interval training. A full-body movement class with emphasis on core, stability, and cardio. (45 minutes)

Functional strength: Our functional strength training class puts an emphasis on foundational strength movements. Stability and balance are a major focus during the class to help make your body move better and feel better. (50 minutes)

Stretch and Flex: Our Stretch and flex class puts stretching front and center. Deeper stretches and the use of yoga blocks and yoga straps are common. A great way to end your workout or if you have sore and tight muscles. (50 minutes)

Strength-Circuit: A foundational strength training class with movements for both upper and lower body. Consisting of two or three circuits emphasizing specific muscle groups. (45 minutes)

Senior-strength: 65+ individuals looking to gain strength and stability in a safe and controlled manner. Many workouts are completed while in a chair, with emphasis on form and technique. (45 minutes)

Pilates Xpress: A 45-minute Mat Pilates class to emphasize breath, core conditioning, and body awareness. Learn to activate your deep core muscles to build strength, stability, and flexibility. Classes might incorporate small props. Core strength is the powerhouse of all movements, so this class is beneficial for all bodies! All levels.

Holy Yoga: This class is characterized by fluid, movement intensive practices. You will seamlessly flow through various postures with the intention of linking breath to movement. Throughout the class there will be a spiritual emphasis on a scripture from God's word and prayer as you gain physical strength, balance & flexibility.

Tabata: This class offers a quick, intense workout that challenges your body, improves fitness and burns calories. Remember these 4 minutes can push you to your limits. (20 second exercise and 10 second rest intervals for 4 minute total)

Station Rotation: Join this high energy class that rotates through a variety of fitness stations to create heart-pumping cardio intervals.

Kickboxing: Combining martial arts with fitness, this class is a great way to stay healthy and safe. Utilizes defensive movements while reaching your fitness goals.

Spin: Jump in the fun for this energetic indoor cycling class that provides an excellent cardiovascular workout without putting excessive strain on joints. So, whether a beginner or experienced cyclist, spin offers a fun & effective way to elevate your wellness game!