



Hours - Monday—Friday 5:30am-8:00pm

SUMMER 2019 AEROBICS SCHEDULE

Hours Saturday & Sunday 6am—7pm

<u>MONDAY</u>		<u>TUESDAY</u>		<u>WEDNESDAY</u>		<u>THURSDAY</u>		<u>FRIDAY</u>		<u>SATURDAY</u>	
8:00 - 9:00am Studio B	Rise & Shine Yoga <i>Lori</i>	6:00—7:00am iFit Studio	30-30 Fit <i>Lori</i>	8:00—9:00am Studio A	Rise & Shine Yoga <i>Jessica</i>	6:00—7:00am iFit Studio	30-30 Fit <i>Lori</i>	8:00 - 9:00am Studio B	Yin Yasa <i>Jessica</i>	8:15 - 9:15am Studio B	Pilates Barre <i>Kelsey / Brenda</i>
9:00 - 10:00am SRC Pool	Splash <i>Aylin</i>	8:00 - 9:00am Studio B	Ballet Sculpt <i>Donna</i>	9:15 - 10:15am Studio A	Move & Groove <i>Donna</i>	9:00 - 10:00am SRC Pool	Water Pilates <i>Lori</i>	9:00 - 10:00am SRC Pool	Splash <i>Janell</i>	8:15 - 9:15am Studio A	Flex & Sweat <i>Leah/Lori</i>
9:15 - 10:15am Studio A	Move & Groove <i>Donna</i>	9:00 - 10:00am SRC Pool	Water Pilates <i>Lori</i>	9:30 - 10:30am Studio B	TRX Intervals <i>Linda</i>	9:00 - 10:00am iFIT Studio	Cardio Boxing <i>Kendrick</i>	9:15 - 10:15am Studio B	Zumba Toning <i>Aylin</i>	9:00 - 10:00am iFit Studio	TRX Intervals <i>Darren</i>
9:30 - 10:30am Studio B	Sports Intervals <i>Darren</i>	9:00 - 10:00am iFIT Studio	Cardio Boxing <i>Kendrick</i>	9:30 - 10:30am Studio B	Boot Camp <i>Malika</i>	9:15 - 10:15am Studio A	Zumba <i>Harlee</i>	9:30- 10:30am iFIT Studio	Functional Intervals <i>Darren</i>	9:30 - 10:30am Cycle Studio	iCycle <i>Leah/Lori</i>
9:30 - 10:30am Cycle Studio	iCycle <i>Debbie</i>	9:00- 10:00am Studio A	Zumba <i>Sandra</i>	9:30 - 10:30am Cycle Studio	iCycle <i>Mike</i>	9:30 - 10:30am Cycle Studio	iCycle <i>Malika</i>	9:30 - 10:30am Studio A	Sports Conditioning <i>Mike</i>	9:30 - 10:30am Studio A	Zumba <i>Harlee</i>
10:45 - 11:45am Studio A	Vinyasa Flow <i>Jessica</i>	9:30 - 10:30am Cycle Studio	iCycle <i>Mike</i>	10:45 - 11:45am Studio A	Body Flex <i>Donna</i>	10:00—11:00am Studio B	Sit & Be Fit <i>Becky</i>	9:30 - 10:30am Cycle Studio	iCycle <i>Pauline</i>	11:00 - 12:00pm Studio A	Yoga Flow <i>Dan</i>
10:45- 11:45am Studio B	Body Flex <i>Donna</i>	10:30 - 11:30am Studio A	Fitness Yoga <i>Jim</i>			10:30 - 11:30am Studio A	Fitness Yoga <i>Jim</i>	10:30 - 11:30am Studio B	iCore Pilates <i>Charlie</i>		
		10:00—11:00am Studio B	Sit & Be Fit <i>Becky</i>								
		11:15-12:15pm Studio B	Tap <i>Donna</i>								
		3:00 - 4:00pm Studio B	Sports Stretch <i>Linda</i>			3:00 - 4:00pm Studio B	Sports Stretch <i>Linda</i>				
		6:00—7:00pm iFit Studio	Cardio Boxing <i>Kendrick</i>	5:00 - 6:00pm Studio B	Pilates Barre <i>Kelsey</i>	6:00—7:00pm iFit Studio	Cardio Boxing <i>Kendrick</i>			9:00 - 10:00am Studio A	Body Blast <i>Leah</i>
6:30—7:30pm Studio B	Yoga Flow <i>Dan</i>	6:00 - 7:00pm Cycle Studio	iCycle <i>Leah/Maureen</i>	6:30 - 7:30pm Studio A	Yoga Flow <i>Dan</i>	6:00 - 7:00pm iCycle	iCycle <i>Maureen</i>			9:30 - 10:30am Cycle Studio	iCycle <i>Maureen</i>
										10:30- 11:30am Studio B	Yoga for Health <i>Ed</i>

Direct Line 561-627-4444

All Classes have Limited Space please arrive early to ensure your space

Classes and Instructors Subject to Change

Aerobics Class Descriptions

Red Highlighted Classes are advanced i-Fit series of classes for those who are ready to push their fitness limits

All Classes are based on a 50 minute work time to allow 5 minutes in the beginning for set up and 5 minutes at the end for break down.

Ballet Sculpt—Using the same fluid movements as a Ballet Dancer to create long lean muscles like only a dancer has

Body Blast – Work your whole Body and work it hard, through strength, cardio and fun.

Body Flex – NO high impact aerobics here, just pure muscle sculpting intervals. This class will give you a head to toe work out.

Boot Camp – This workout is not for everyone. If you want to work hard and be run through high intensity/ high impact drills for an hour we promise that you will not leave disappointed.

Cardio Boxing – Strap on your gloves and take your aggression out on the bag. you will work hard and sweat it all out

Cardio Playground—Come to this class prepared to work. We will use all the toys we can find you get you a full body workout that is full of fun.

To The Rhythm with KT– This class fuses hypnotic Latin and international rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away. In short, it's exercise in disguise!

Flex & Sweat – Using the step and an assortment of fitness toys, you will work every muscle in your body in this strength interval class

Fitness Yoga - Using tradition yoga poses which combine relaxation, flexibility, balance and breathe awareness. Stretch and tone your body while relaxing your mind and energizing your spirit.

Functional Intervals – Bring your water and be prepared to work. We will use TRX straps, kettle bells, Weights, Medicine Balls and your body weight to make your body the efficient machine it is meant to be.

FLEX Express—This is a non-stop half hour of pure strength. Using weights, bands, bars, balls whatever it takes to make you feel the burn.

I-Cycle – You've not experienced a spin class like this, monitor your RPM's on our large flat screens, challenge yourself on the bike and lose yourself in the music and Point of View videos

iCycle Mash-up—Burn an extreme amount of calories in this all encompassing interval class that includes cycling and the functional studio to get the most bang for your time

iCycle Express—When you don't have an hour to spend in a cycle class come in early and get it done in 30

L-Core Pilates - No matter what life does to you, this class is filled with movement strategies appropriate for anyone that can get up and down off the floor. We will put all your parts back together the way they belong!

Line Dancing—Dust off those cowboy boots because and get ready to start your weekend learning the hottest new country line dances.

Move & Groove – Its not a dance class but you will be moving to the beat of the music to get your heart rate up & burn calories
Pilates - Learn to balance and maintain proper alignment, create greater flexibility, release tight joints, increase blood flow and build strength through proper breathing and movement.

Pilates Barre - Using a Ballet Bar and plenty of props to strengthen and stabilize muscles you didn't know you had.

POUND—A Cardio Jam session inspired by the infectious, energizing and sweat dripping fun of playing the drums

Rise & Shine Yoga—A morning yoga class that combines relaxation, flexibility, balance and breathe awareness. Stretch and tone your body while relaxing your mind and energizing your spirit.

Ropes & Rowers—This class incorporates water rowers, TRX and heavy ropes to give you a full body interval workout

Sit and Be Fit – Not everyone is able to do cardio classes and move around as quickly as everyone else in the class environment, This class will give you the cardiovascular benefits of aerobics in the safety of a chair.

Splash – Designed to increase the heart rate, improve endurance, strength and balance by utilizing water resistance

Sports Stretch – Learn proper stretch mechanics to focus on areas that are overused and over trained to prevent injury

Sports Conditioning—Interval training class with options for low –high intensity in both strength and cardiovascular training. It can include agility training, weights, bands, plyometrics, intense core building and non-stop Charlie shenanigans.

Sports Intervals—this Boot Camp Style class will incorporate free weights, High Intensity Cardio and functional movement exercises that will change the way you look and feel

Water Pilates – The movements and flexibility of Pilates in a water setting is a great for those with balance issues

TRX Intervals – Using mostly TRX suspension trainers you will experience a full body workout that's both fun and functional

Vinyasa Flow—A yoga class for everyone and every level your instructor will lead you through poses that best fit your needs and abilities. Stretch & tone your body while relaxing your mind and energizing your spirit

Yin Yasa- Yin yoga involves variations of seated and supine poses which are held for long periods of time This style of yoga accesses deeper layers of the fascia to help you stay in positions longer without pain or strain

Yoga Flow – Based on the Vinyasa style of yoga which keeps the body in constant motion, this class is geared to improve posture, strength and balance. If you have ever said that Yoga is boring, this will change your thinking.

Yoga for Health – This class combines relaxation, flexibility, balance and breath awareness. Stretch and tone your body while relaxing your mind and energizing your spirit. Ideal for those concerned with injuries.

Zumba— This concept is brought to you straight from the latin dance clubs of Miami Beach. Take the work out of workout, by mixing high and low intensity moves into a calorie burning dance fitness party

30-30 Fit—For those of you that like to get in and get it done early, this class will incorporate everything you need The first 30 will incorporate cardio and strength and the 2nd 30 will be about the core and flexibility.\