

2018 AEROBIC SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Dumbbell Strength (Valerie)	Cardio & Core (Valerie)	Tabata Strength (Valerie)	Cardio & Core (Valerie)	TRX Circuit (Valerie)	
9:00 AM		TRX (Pam)		<u>Building Hours</u> Monday - Thursday 6 AM - 9 PM Friday 6 AM-8 PM Saturday 7 AM - 5 PM Sunday 9 AM - 1 PM Phone: 385-468-1515		
6:30 PM	Total Body Strength (Angie)	Circuit (Pam)	Zumba (Angie)			
7:30 PM		Yoga (Pam)	Cardio & Core (Angie)			

Zumba

This high energy class combines Latin/Bollywood and international music with Latin dance forms, such as salsa, merengue, cumbia, samba, etc., making exercising more fun.

Circuit/Cardio & Core/Total Body Strength

An athletic based cardio and strength training class of timed segments, set up in stations designed to move the body in all planes of motion. The multi-muscle exercises at each station use a wide variety of equipment.

Tabata Strength

Jump start your day with working your core muscles. Weights, balls, bosus, bands and mat work will be used. Work out hard, rest then so several cycles. We will also be working on flexibility and stretching during the class.

Restorative Yoga

A unique system of breathing practices, proper alignment, physical poses/postures to improve overall strength, endurance, flexibility, body awareness, balance, and meditation to equilibrate your body, mind, and spirit.

TRX

TRX is the creator of the TRX Suspension Trainer and the TRX Rip Trainer. Both innovative exercise tools help you build lean muscle, boost your metabolism, tighten your core and increase endurance.