





SEPTEMBER GROUP FITNESS SCHEDULE

FACILITY HOURS:
 Monday-Friday 5:00am-Midnight
 Saturday-Sunday 7:00am-Midnight

ALL ABILITIES & FITNESS LEVELS ARE WELCOME!
 MUST BE 14 YEARS OLD TO ATTEND

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	CLASS DESCRIPTIONS:
	LES MILLS CXWORX 5:30-6:00 am Amy	LES MILLS BODYPUMP 5:15-6:00 am Amy	LES MILLS CXWORX 5:30-6:00 am Stephanie	LES MILLS BODYPUMP 5:15-6:00 am Myra		LES MILLS BODYPUMP The original barbell class, the ideal workout for anyone looking to get lean, toned & fit. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the <u>scientifically-backed</u> moves & techniques.
					LES MILLS BODYPUMP 8:00-9:00am Amy/Myra/Stephanie	
LES MILLS BODYPUMP 12:00-12:45 pm Matt	BOOT CAMP 12:00-12:45 pm Matt	LES MILLS BODYPUMP 12:00-12:45 pm Matt	BOOT CAMP 12:00-12:45 pm Matt	LES MILLS CXWORX 12:00-12:30 pm Matt		LES MILLS CXWORX Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. Use your body weight, resistance tubing & weights to tighten & tone your midsection. Exercises are designed to improve your functional strength for better mobility and injury prevention.
LES MILLS BODYPUMP 4:45-5:45 pm Myra	BOOT CAMP 4:30-5:15 pm Matt	LES MILLS BODYPUMP 4: 45-5:45 pm Myra	BOOT CAMP 4:30-5:15 pm Matt			
	BOOT CAMP 5:45-6:30 pm Matt		BOOT CAMP 5:45-6:30 pm Matt	 ** THE FOLLOWING SUNDAYS ONLY ** September 8th and 15th 4:00pm Carla		BOOT CAMP An interval training class that mixes calisthenics and body weight exercises with cardio and strength training.
	LES MILLS BODYPUMP LES MILLS CXWORX 6:45-7:45 pm Stephanie		LES MILLS BODYPUMP LES MILLS CXWORX 6:45-7:45 pm Amy			 Build Strength, improve flexibility & tone all in the same class! This low impact workout will increase your fitness level!