

# JANUARY GROUP FITNESS SCHEDULE

**FACILITY HOURS:**  
 Monday-Friday 5:00am-12am  
 Saturday-Sunday 7:00am-12am

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	CLASS DESCRIPTIONS:
		 <b>LES MILLS BODYPUMP</b> 5:15-6:00 am Stephanie	 <b>LES MILLS CXWORX</b> 5:30-6:00 am Amy	 <b>LES MILLS BODYPUMP</b> 5:15-6:00 am Myra		<p><b>LES MILLS BODYPUMP</b> The original barbell class, the ideal workout for anyone looking to get lean, toned &amp; fit. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically backed moves and techniques.</p> <p><b>LES MILLS CXWORX</b> Exercising muscles around the core, CXWORX provides the vital ingredient for a stronger body. Use your body weight, resistance tubing &amp; weights to improve your core strength. Exercises are designed to improve your functional strength for better mobility &amp; injury prevention.</p> <p><b>BOOT CAMP</b> An interval training class that mixes calisthenics and body weight exercises with cardio &amp; strength training.</p> <p> Lunch Time HIIT with Matt, is a 30 minute High Intensity Interval work that is good for anyone with limited time.</p>
 <b>HIIT</b> HIGH INTENSITY INTERVAL TRAINING 12:00-12:30pm Matt	 <b>LES MILLS BODYPUMP</b> 12:00-12:45pm Jaimie	 <b>HIIT</b> HIGH INTENSITY INTERVAL TRAINING 12:00-12:30pm Matt	 <b>LES MILLS BODYPUMP</b> 12:00 -12:45pm Jaimie		 <b>LES MILLS BODYPUMP</b> 8:00-9:00am Rotating Instructors	
 <b>LES MILLS BODYPUMP</b> 4:45-5:45 pm Myra	 <b>BOOT CAMP</b> 4:30-5:15 pm Matt	 <b>LES MILLS BODYPUMP</b> 4:45-5:45 pm Myra	 <b>BOOT CAMP</b> 4:30-5:15 pm Matt		 <b>ZUMBA</b> 10am-11am Amy Only the 16 <sup>th</sup> , 30 <sup>th</sup>	
 <b>ZUMBA</b> 6pm-7pm Amy	 <b>BOOT CAMP</b> 5:45-6:30pm Matt   <b>LES MILLS BODYPUMP</b>   <b>LES MILLS CXWORX</b> 6:45-7:45pm Amy	 <b>ZUMBA</b> 6pm-7pm Amy	 <b>BOOT CAMP</b> 5:45-6:30 pm Matt  6:45-7:45pm   <b>LES MILLS BODYPUMP</b> 6:45-7:45pm Stephanie			