



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Follow us on Social Media</p>  				<p>8:30 Camp Tread Meghan(L) 9:30 Pilates 30 Nicole (1) 10:00 Yoga 30 Nicole (1)</p> <p>5:30 Boot Camp JD 6:15 pm Cycle 45 Thomas (L) No Zumba tonight</p>	<p>530 am Fit Camp 45Jessie M. 8:30 Upper body 30 Meghan(1) 9:05 amZumba (1) Ashley 9:05 am Cycle 45 Meghan 10:00 am Core 15 Meghan (L)</p>	<p>9:00 am Cycle (L) Gina 9:00 am Boot Camp JD 10:00 Pump JD (1) 10:00 Yoga (2) Gina</p>
<p>July 4th Club: closed</p>	<p>4 5:30 am Fit Camp 45 Jessie M(1) 8:30 am Upper Body 30 Gina (1) 9:05am Zumba (1) Jennifer 9:05 am Cycle Gina(L) 10:00 am Core 15 Gina (L)</p> <p>5:00 CardioSculpt 45 Jessie Marie 5:45 Core 15 Jessie Marie (1) 6:00 pm Cycle (L) Meghan 6:00 Yoga Gina (2) 7:00 pm Pump (1) JD</p>	<p>5 5:30 am Cycle Gina (L) 8:30 am Circuit Blast Jenny(1) 9:30 am Pilates Nicole (1)</p> <p>5:30 Boot Camp Anna M(1) 6:15 pm Cycle 45 Thomas(L) 6:30 pm Zumba Margarita(1)</p>	<p>6 8:30 Basic Step tabata Gina (L) 9:15 am Core 15 Gina (1) 9:30 am Pump 45 Gina (1)</p> <p>5:30 pm Upper Body 30 JD (1) 6:00 pm Tabata/Core 45 JD(1) 6:15 pm Pump 45 Thomas(L)</p>	<p>7 8:30 Drumsticks 30 Meghan(L) 9:00 Kettlebells 30 Meghan (L) 9:30 am Pilates 30 Nicole (1) 10:00 Yoga 30 Nicole (1)</p> <p>5:30 Boot Camp JD 6:15 pm Cycle 45 Thomas (L) 6:30 Cardiodance Amber (1)</p>	<p>8 530 am Fit Camp 45Jessie M 8:30 Upper body 30 Meghan(1) 9:05 Zumba (1) Ashley 9:05 am Cycle 45 Meghan 10:00 am Core 15 Meghan (L)</p>	<p>9 9:00 am Cycle (L) Jessie M 9:00 am Tabata Strong JD (1) 10:00 am Pump JD (1) 10:00 Yoga (2) Carly</p>
<p>3:00 Zumba Demi (1) 4:00 Yoga (2) Jessica</p>	<p>11 5:30 am Fit Camp 45 Jessie M 8:30 am Upper Body 30 Gina(1) 9:05am Zumba Amber (1) 9:05 am Cycle Gina 10:00 am Core 15 Gina (L)</p> <p>5:00 CardioSculpt45 Jessie M(1) 5:45 Core 15 Jessie Marie (1) 6:00 pm Cycle Gina(L) 6:00 Yoga Carly (2) 7:00 pm Pump (1) JD</p>	<p>12 5:30 am Cycle Gina (L) 8:30 Circuit Blast Jenny (1) 9:30 am Pilates Christy (1)</p> <p>5:30 Rope Burn Anna Marie (L) 6:15 pm Cycle 45 Thomas(L) 6:30 pm Zumba Margarita</p>	<p>13 8:15 Yoga 60 Jackie (2)(NEW) 9:15 am Core 15 Gina (1) 9:30 am Pump 45 Gina (1)</p> <p>5:30 pm Upper Body JD (1) 6:00 pm Tabata/Core 45 JD(1) 6:15 pm Pump 45 Thomas(L)</p>	<p>14 8:30 Camp Tread Meghan(L) 9:30 Pilates 30 Gina (1) 10:00 Yoga 30 Gina (1)</p> <p>5:30 Boot Camp Anna Marie(1) 6:15 pm Cycle 45 Thomas (L) 6:30 Cardiodance Brandon</p>	<p>15 5:30 Fit Camp 45 Jessie M 8:30 Upper body 30 Meghan (1) 9:05 Zumba Strong Andrea 9:05 am Cycle 45 Meghan 10:00 am Core 15 Meghan (L)</p>	<p>16 9:00 am Cycle (L) Gina 9:00 am Tabata Burn Jessie M 10:00 Pump (1) Thomas 10:00 Yoga (2) Gina</p>
<p>3:00 Zumba toning Andrea 4:00 Yoga Carly (2)</p>	<p>18 5:30 am Fit Camp 45 Jessie M 8:30 am Upper Body 30 Gina(1) 9:05 am Zumba (1) Jennifer 9:05 am Cycle Gina 10:00 am Core 15 Gina (L)</p> <p>5:00 CardioSculpt45 Jessie M(1) 5:45 Core 15 Jessie Marie (1) 6:00 pm Cycle Meghan(L) 6:00 Yoga Jessica(2) 7:00 pm Pump (1) Gina</p>	<p>19 5:30 am Cycle Gina (L) 8:30 Circuit Blast Jenny (1) 9:30 am Pilates Nicole (1)</p> <p>5:30 Boot Camp Jessie Marie(1) 6:15 pm Cycle 45 Thomas(L) 6:30 Zumba Margarita (1)</p>	<p>20 8:30 Step 45 Jackie (L) 9:15 am Core 15 Gina (1) 9:30 am Pump 45 Gina (1)</p> <p>5:30 pm Upper Body Jessie M 6:00 pm Tabata/Core 45 Jessie M 6:15 Pump 45 Thomas (L)</p>	<p>21 8:30 Drumsticks 30 Meghan(L) 9:00 Kettlebells 30 Meghan(L) 9:30 am Pilates 30 Nicole (1) 10:00 Yoga 30 Nicole (1)</p> <p>5:30 Boot Camp Jessie M 6:15 pm Cycle 45 Thomas (L) 6:30 pm Cardiodance Brandon</p>	<p>22 530 Fit Camp 45 Jessie 8:30 Upper body 30 Meghan (1) 9:05 Zumba (1) Ashley 9:05 am Cycle 45 Meghan 10:00 am Core 15 Meghan (L)</p>	<p>23 9:00 am Cycle (L) Gina 9:00 Tabata Burn Jessie M (1) 10:00 Pump (1) Jenny 10:00 Yoga Carly (2)</p>



(864)292-8875

July 25-31, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	31
3:00 Zumba Ashley (1) 4:00 Yoga Gina	5:30 Fit Camp 45 Jessie Marie (1) 6:30 am Upper Body 30 Gina(1) 9:05 am Zumba Amber (1) 9:05 am Cycle Gina 10:00 am Core 15 Gina (L) 5:00 CardioSculpt45 Jessie M(1) 5:45 Core 15 Jessie Marie (1) 6:00 Yoga Carly(2) 6:00 pm Cycle Gina 7:00 pm Pump 45 JD (1)	5:30 am Cycle 45 Gina (L) 6:30 am Circuit Blast Jenny (1) 9:30 am Pilates Nicole (1) 5:30pm Rope Burn 45 Anna M(L) 6:15 pm Cycle 45 Thomas(L) 6:30 pm Zumba Margarita (1)	6:30 Yoga 60 Jackie (2) 9:15 am Core 15 Gina (1) 9:30 am Pump 45 Gina (1) 5:30 pm Upper Body 30 Jessie (1) 6:00 pm Tabata/Core 45 Jessie (1) 6:15 pm Pump 45 Thomas(L)	8:30 Camp Tread (L) Jenny 9:30 Pilates 30 Nicole (1) 10:00 Yoga 30 Nicole (1) 5:30 Boot Camp Anna Marie 6:15 pm Cycle 45 Thomas (L) 6:30 Cardiodance Brandon	530 Fit Camp 45 Jessie 6:30 Upper body 30 Jessie M (1) 9:05 Zumba (1) Ashley 9:05 am Cycle 45 Jessie M 10:00 am Core 15 Jessie M (L)	9:00 Cycle Gina 9:00 Rope Burn Anna Marie(L) 10:00 Yoga Hope (2) 10:00 Pump Anna Marie(1)

Class Descriptions:

Boot Camp: a core strength and conditioning program focusing on functional movement to enhance your competence in all tasks! Each class is designed to push you out of your comfort zone.

Butt n Gut: a class designed for those 2 major trouble spots that are vital to core strength and functional movement.

Cardiosculpt: a perfect mixture of strength and cardio intervals. This is a metabolism boosting workout utilizing multiple joint movements and full body exercises. 45 minutes of metabolic fun!

Cycle: Something for everyone! Intervals, rolling hills, sprints, climbs, runs, surges and jumps all to music hand-picked to motivate and inspire! This is a great workout if you want to burn calories and increase endurance.

Drumsticks/Pound: 2 very similar classes utilizing drumsticks and rhythm for a heart pumping workout. Perfect class for letting loose, getting energized, toning up and rockin' out!

H.I.I.T Camp: High Intensity Interval Training is a must. Strength, Agility and Power moves in a fun and challenging class for all levels and every body type

Pilates: Improve core strength, coordination and correct postural alignment and balance with the various Pilates exercises this class offers. This Pilates mat class is offered free to all members.

Pump: total strength training class for all levels. Learn proper lifting form and safe moves guaranteed to change your physique. Get stronger and leaner now. More muscle=higher metabolism

Step 45 : a classic step class with amazing energy and easy to follow choreography for an amazing cardiovascular workout. last 15 minutes of class will be for sculpting, using body weights and dumbbells

Strong: A Zumba licensed class without the dance. This class is a great format with high intensity moves that torches calories.. This is training with the science of synced music motivation

Tabata: one of the most effective types of high intensity interval training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time

Tread Camp: A new format with a boot camp style workout for 20 minutes in the ladies gym using weights for building strength and stamina then heading to the treadmills for a fun walk/jog/run workout. All levels welcome.

Yoga: Bring together body, mind and spirit while flowing and moving through various poses to increase your mobility, flexibility, strength and balance. Enhance your breathing techniques, free your mind, reduce stress and experience a n

Zumba: a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training, alternating fast and slow rhythms, and resistance training.

Fit Camp: New 45 minute class that has tabata, cardiosculpt and boot camp fused together.

Circuit Blast: A Classic style workout, moving your way through various stations for a set amount of time. Utilizes a variety of equipment and exercises, making it a fun and dynamic, ever changing class. Great for all fitness levels.