



(864)292-8875

August 1-27, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30 am Boot Camp 45 Emily M 8:30 am Upper Body 30 Gina(1) 9:05 am Zumba Amber (1) 9:05 am Cycle Gina 10:00 am Core 15 Gina (L)  5:30 HIIT 45 Thomas NEW time(1) 6:15 Core 15 Thomas (L) 6:00 Yoqa Gina (2) 6:15 pm Pump (1)JD	5:30 am Cycle Gina 8:30 am Circuit Blast Jenny(1) 9:30 am Pilates Gina (2)  5:30 Rope Burn Jenny (L) 6:15 pm Cycle 45 Thomas 6:30 pm Zumba Margarita (1)	8:15 am Yoga 60 Jackie (2) 9:15 am Core 15 Gina (1) 9:30 am Pump 45 Gina (1)  5:30 pm Upper Body 30 JD (1) 6:00 pm Tabata 30 JD(1) 6:15 pm Pump 45 Thomas(L) 6:30 pm Core 15 JD	5:30 am Pump & Pedal Gina 8:30 20/20/20 Jenny (legs/core/treadmill) <b>9:00 Barre 30 Cancelled today</b> 9:30 Pilates 30 Gina 10:00 Yoga 30 Gina  5:30 Strong HIIT JD 6:15 pm Cycle 45 Thomas 6:30 Cardiodance (1) Amber	8:30 Upper body 30 Jenny(1) 9:05 Zumba (1) Margarita 9:05 am Cycle 45 Gina 10:00 am Core 15 Gina (L) <b>10:15 am Yoga Bob (yin/yang) ((NEW))</b>  9:00 am Cycle Gina 9:00 am Tabata Burn Jessie M 10:00 Pump (1) Kallie 10:00 Yoga (2) Carly	
3:00 Zumba Amber  <b>4:00 Yoga Bob (yin/yang)</b>	5:30 am Boot Camp 45 Emily M 8:30 am Upper Body 30 Gina(1) 9:05 am Zumba Amber (1) 9:05 am Cycle Gina 10:00 am Core 15 Gina (L)  5:30 HIIT 45 Thomas NEW time(1) 6:15 Core 15 Thomas (L) 6:00 Yoqa Carly (2) 6:15 pm Pump (1)JD	5:30 am Cycle Gina 8:30 am Circuit Blast Jessie M(1) 9:30 am Pilates Nicole (2)  5:30 Boot Camp Anna Marie (L) 6:15 pm Cycle 45 Thomas 6:30 pm Zumba Margarita (1)	8:15 am Yoga 60 Jackie (2) 9:15 am Core 15 Gina (1) 9:30 am Pump 45 Gina (1)  5:30 pm Upper Body 30 JD (1) 6:00 pm Tabata 30JD(1) 6:15 pm Pump 45 Thomas(L) 6:30 pm Core 15 JD	5:30 am Pump & Pedal Gina 8:30 20/20/20 Meghan (cycle/rope/strength) 9:00 Barre 30 Nicole (NEW) 9:30 Pilates 30 Nicole 10:00 Yoga 30 Nicole  5:30 Strong HIIT JD 6:15 pm Cycle 45 Thomas 6:30 Cardiodance (1) Amber	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) <b>10:15 am Yoga Bob(yin/yang) ((NEW))</b>  9:00 am Cycle Gina 9:00 Circuit Blast Jenny 10:00 am Pump Jenny (1) 10:00 Yoqa (2) Gina	
3:00 Zumba Ashely(1)  <b>4:00 Yoga Bob (yin/yang)</b>	5:30 am Boot Camp Emily 8:30 am Upper Body 30 Gina(1) 9:05am Cardiodance Amber (1) 9:05 am Cycle Gina 10:00 am Core 15 Gina (L)  5:30 HIIT 45 Thomas NEW time(1) 6:15 Core 15 Thomas (L) new time 6:00 Yoqa Carly (2) 6:15 pm Pump (1)JD	5:30 am Cycle Gina 8:30 Circuit Blast Jenny (1) 9:30 am Pilates Nicole (2)  5:30 pm Rope Burn Anna Marie 6:15 pm Cycle 45 Thomas 6:30 pm Zumba Margarita	8:15 am Yoga 60 Jackie (2) 9:15 am Core 15 Gina (1) 9:30 am Pump 45 Gina (1)  5:30 pm Upper Body 30 JD (1) 6:00 pm Tabata 30 JD(1) 6:15 pm Pump 45 Thomas(L) 6:30 pm Core 15 JD	5:30 am Pump & Pedal Gina 8:30 20/20/20 Meghan (boot camp/hit/treadmill) <b>9:00 Barre 30 Nicole (NEW)</b> 9:30 Pilates 30 Nicole 10:00 Yoga 30 Nicole  5:30 Strong HIIT Anna Marie 6:15 pm Cycle 45 Thomas 6:30 Cardiodance Amber	8:30 Upper body 30 Meghan(1) 9:05 Zumba Ashley 9:05 am Cycle 45 Meghan 10:00 am Core 15 Meghan (L) <b>10:15 am Yoga Bob (yin/yang) ((NEW))</b>  9:00 am Cycle Emily D 9:00 Boot Camp Emily M (1) 10:00 Pump (1) Emily M 10:00 Yoga (2) Nicole	
3:00 Zumba Margarita  <b>4:00 Yoga Bob (yin/yang)</b>	5:30 am Boot Camp 45 Emily M 8:30 am Upper Body 30 Gina(1) 9:05 am Zumba Amber (1) 9:05 am Cycle Gina 10:00 am Core 15 Gina (L)  5:30 HIIT 45 Thomas NEW time(1) 6:15 Core 15 Thomas (L) 6:00 Yoqa Jessica (2) 6:15 pm Pump (1) Kallie	5:30 am Cycle Gina 8:30 Circuit Blast (1) Jenny 9:30 am Pilates Nicole (2)  5:30 pm Boot Camp Anna Marie(L) 6:15 pm Cycle 45 Gina 6:30 Zumba (1) Margarita	8:15 am Yoga (2) Jackie 9:15 am Core 15 Gina (1) 9:30 am Pump 45 Gina (1)  5:30 pm Upper Body 30 Jenny (1) 6:00 pm Tabata 30 Jenny(1) 6:15 pm Pump 45 Thomas(L) 6:30 pm Core 15 Jenny	5:30 am Pedal & Pump Gina 8:30 20/20/20 Meghan (L) (drumsticks/kb/core) <b>9:00 Barre 30 Nicole (NEW)</b> 9:30 Pilates 30 Nicole 10:00 Yoga 30 Nicole  5:30 Strong HIIT JD 6:15 pm Cycle 45 Thomas 6:30 Cardiodance (1) Amber	8:30 Upper body 30 Meghan (1) 9:05 Zumba Margarita 9:05 am Cycle 45 Meghan 10:00 am Core 15 Meghan (L) <b>10:15 am Yoga Bob (yin/yang) ((NEW))</b>  9:00 am Cycle Meghan 9:00 Rope Burn Anna Marie(L) 10:00 Pump (1) Kallie 10:00 Yoga (2) Carly	



(864)292-8875

August 28-31, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>28</p> <p>3:00 Cardiodance Ashley</p> <p>4:00 Yoga Bob (yin/yang)(2)</p>	<p>28</p> <p>5:30 am Boot Camp 45 Emily M</p> <p>8:30 am Upper Body 30 Gina(1)</p> <p>9:05am Cardiodance Amber (1)</p> <p>9:05 am Cycle Gina</p> <p>10:00 am Core 15 Gina (L)</p> <p>5:30 HIIT 45 Thomas (1)</p> <p>6:15 Core 15 Thomas (L)</p> <p>6:00 Yoga Carly (2)</p> <p>6:15 pm Pump (1) JD</p>	<p>29</p> <p>5:30 am Cycle Gina</p> <p>8:30 Circuit Blast Jenny (1)</p> <p>9:30 am Pilates (1)Nicole</p> <p>5:30 Rope Burn Anna Marie(1)</p> <p>6:15 pm Cycle 45 Thomas</p> <p>6:30 pm Zumba Margarita</p>	<p>30</p> <p>8:15 am Yoga (2) Jackie</p> <p>9:15 am Core 15 Gina (1)</p> <p>9:30 am Pump 45 Gina (1)</p> <p>5:30 pm Upper Body 30 JD (1)</p> <p>6:00 pm Tabata 30 JD</p> <p>6:15 pm Pump 45 Thomas(L)</p> <p>6:30 pm Core 15 JD</p>	<p>31</p>		

**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.

**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

**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 welc

**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 a

**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.

**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

**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 fitne

**Pump and Pedal:** a great new fusion class that starts with 20-25 minutes of upper body strength training and then moves quickly into the cycle studio for a short but fun cardio ride.