



SUMMER 2018 4/30-9/1 —GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
\$ 40 DAYS OF FITNESS \$ CARDIO CONDITIONING 6:30-7:30AM	\$ 40 DAYS OF FITNESS \$ STRENGTH 6:30-7:30AM	\$ 40 DAYS OF FITNESS \$ CORE & RECOVERY 6:30-7:30AM	\$ 40 DAYS OF FITNESS \$ POWER UP 6:30-7:30AM	\$ 40 DAYS OF FITNESS \$ POWER LEGS 6:30-7:30AM	
SUMMER SWEAT 9:00-9:45AM JON (25)	CARDIO BLAST 9:00-9:20AM DENISE (30)	KETTLEBELL 9:00-9:45AM JUDY (20)	CARDIO BLAST 9:00-9:20AM JON (30)	KICKBOXING 9:00-9:45AM TANYA (30)	MORNING FIGHT 8:00-8:45AM JON (25)
	CIRCUIT STRENGTH 9:30-10:00AM DENISE (30)		CIRCUIT STRENGTH 9:30-10:00AM JON (30)		ZUMBA 9:00-10:00AM SELVE (30)
KICKBOXING 10:00-10:45AM TANYA (30)	CORE N' MORE 10:15-10:45AM DENISE (30)	ZUMBA TONING 10:00-11:00AM AMY (30)	CORE N' MORE 10:15-10:45AM JON (30)	POWER 10:00-11:00AM TANYA (25)	DIG DEEP 10:15-11:00AM JON (25)
ZUMBA TONING 11:00A-12:00P AMY (30)		CORE & BALANCE 11:15A-12:00P JENNIFER (25)	PILOXING 11:00-11:45AM SELVE (25)	FLEX & STRETCH 11:15A-12:00P JENNIFER (30)	
\$ 40 DAYS OF FITNESS \$ CARDIO CONDITIONING 12:15-1:15PM	\$ 40 DAYS OF FITNESS \$ STRENGTH 12:15-1:15PM	\$ 40 DAYS OF FITNESS \$ CORE & RECOVERY 12:15-1:15PM	\$ 40 DAYS OF FITNESS \$ POWER UP 12:15-1:15PM	\$ 40 DAYS OF FITNESS \$ POWER LEGS 12:15-1:15PM	
POWER 5:30-6:15PM TANYA (25)	KICKBOXING 5:30-6:15PM TANYA (30)	POWER CIRCUIT 5:30-6:15PM DENISE (25)	POWER 5:15-6:00PM TANYA (25)		
ZUMBA 6:30-7:30PM THOMAS (35)	ZUMBA 6:30-7:30PM TINA (35)	ZUMBA 6:30-7:30PM THOMAS (35)		*40 Days of Fitness Starts Monday June 11th *	

***\$ Designates classes that require a \$5 drop-in fee ***



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We believe that Recreational Fitness is anything that involves physical activity and results in an increase in the participant's overall health and happiness. Rock Active isn't solely connected to the gym or the group exercise room, it can be as simple as walking on one of our great trails or playing with your kids at one of our parks. The Rock Active team is here to provide you with the courage and self-confidence to go out and enjoy your family, friends, and your community. We want to empower you to invite others to join our active community!

40 DAYS OF FITNESS: 40 Days of Fitness will now be offered in both the morning and the lunch hour. This program is for those who are committed to changing their current physical condition. There will be different workouts 5 days a week that will also include a Core and Recovery day on Wednesday. **\$\$ Specialty Fitness Pass or Full Program Registration REQUIRED \$\$** (Full Program registration can be purchased at discounted rate)

CARDIO BLAST: This class is a going to enhance your cardio and endurance with a wide variety of moves and exercises that will you warmed up and ready for the day. ***20 minute class***

CIRCUIT STRENGTH: This 30 minute class will entail a circuit training type workout that will include a multitude of strength exercises. Completing a circuit will allow you to not only improve your strength but also perfect and improve the moves your will be challenged with. ***30 minute class***

CORE N' MORE: The final portion of this three part series will leave your peeling yourself off the mat with a 30 minute core routine that is work your front and back and everything in between. Working on mobility, balance and strength will be just the way to finish out your workout for the day! ***30 minutes Class***

DIG DEEP: Are you ready for results? Dig Deep to reach your fullest results in this insane cardio routine

FLEX & STRETCH: Wind down your week with a good stretch class that will help lengthen and strengthen those muscles and improve your recovery time.

KETTLEBELL: Learn how to swing, clean, press, and use the Kettlebell properly. Kettlebell cardio routines, supersets and interval workout blends will keep your heart rate up and tone your body without increasing mass!

KICKBOXING: Punch and kick your way to fitness, burning calories and toning muscles. This high energy, martial arts inspired workout is non-contact and no complex moves to learn.

MORNING FIGHT: Fight off the early morning with an all new core and plyo workout

PILOXING: Piloxing is a non-stop, cardio fusion of standing Pilates, boxing and dance. This class will help you burn maximum calories, build lean muscles, and increase stamina.

POWER: Get lean, build strength and tone muscles to great music and easy moves. Using lighter weights and high reps, this workout will hit all the major muscle groups.

POWER CIRCUIT: Your muscles will know you are in burn mode with this high intensity circuit workout followed by the awesome feeling of Power mode flexibility in ONE workout!

SUMMER SWEAT: Get sweaty with an all new HIIT style workout!!!

ZUMBA: A fusion of Latin dance rhythms featuring interval training using fast and slow sessions!

ZUMBA TONING: Take Zumba to the next level by combining a typical Latin-infused, high energy Zumba class and