



GROUP EXERCISE SCHEDULE
WINTER/SPRING January 7— May 30, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					WAKE UP CALL 8:00-8:45AM JON
		KETTLEBELL 9:00-9:45AM JUDY		J TRAIN 9:00-9:45AM JENNIFER	ZUMBA 9:00-10:00AM SELVE
		ZUMBA TONING 10:00-11:00AM AMY	PILOXING 10:00-10:45AM SELVE	FLEX N' STRETCH 10:00-10:45AM JENNIFER	TOTAL BODY BURN 10:15-11:00AM ANGELA
ZUMBA TONING 11:00A-12:00P AMY	CARDIO FUN 11:00-11:45AM SELVE	FLEX N' STRETCH 11:15A-12:00P JENNIFER	CARDIO FUN 11:00-11:45AM SELVE	ZUMBA 11:00-12:00PM SELVE	CORE & STRETCH 11:15-11:45AM ANGELA
\$ 40 DAYS OF FITNESS \$ 12:15-1:15PM	\$ 40 DAYS OF FITNESS \$ 12:15-1:15PM	\$ 40 DAYS OF FITNESS \$ 12:15-1:15PM	\$ 40 DAYS OF FITNESS \$ 12:15-1:15PM		
CIRCUIT TRAINING 5:30-6:15PM MELANIE		POWER UP 5:30-6:15PM MELANIE	HITT STEP 5:15-6:00PM MELANIE		
ZUMBA 6:30-7:30PM THOMAS	CARDIO COMBO 6:30-7:30PM ANGELA	ZUMBA 6:30-7:30PM THOMAS			

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

ROCK ACTIVE

HEALTH, STRENGTH, COMMUNITY

FALL 2018 9/4-12/22 —GROUP EXERCISE SCHEDULE

40 DAYS OF FITNESS: 40 Days of Fitness will now be offered in both the morning, the lunch hour, and evening. This program is for those who are committed to changing their current physical condition. There will be different workouts 4 days a week. **\$\$ Specialty Fitness Pass or Full Program Registration REQUIRED \$\$**

BEAST MODE: An all NEW resistance training that will incorporate heavy weights with compound movements. Class Level: Intermediate **(25)**

CORE N' MORE: Working on mobility, balance and strength will be just the workout you need before the holiday season! **(25)**

FLEX & STRETCH: Wind down your week with a good stretch class that will help lengthen and strengthen those muscles and improve your recovery time. **(25)**

J CAMP: An EXCLUSIVE boot camp style workout specifically developed by Jon for members at Clay!! Class Level: Beginner / Intermediate / Advanced **(25)**

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! **(20)**

KICK IT: This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. **(30)**

MIDDLE EASTERN DANCEHALL FUSION: Tired of thinking about losing weight, eating right, shedding fat, working out? Then join us for Middle Eastern Dancehall Fusion! It's two Instructors in one dance class blending two cultures to make you sweat. Oh, and yes, you will burn calories, melt fat and scorch your Core and Glutes! **(30)**

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. **(35)**

PLYO CARDIO: A fun, uplifting workout that will circuit between cardio and plyometrics!! Class Level: Intermediate / Advanced **(25)**

POWER UP: Having stronger, leaner muscles can bring you all the more closer to your fitness goals! And with strength training, getting there can be effective and fun. You'll leave feeling motivated and ready to come back for more. **(25)**

SAQ MONDAY: Start your Monday off right with the beginning concepts of Speed, Agility, and Quickness training!! Class Level: Beginner / Intermediate **(25)**

\$ SCHWINN@: PEDAL AND PULSE \$: How do you work you Core, get a great Cardio workout, Sculpt Muscle and burn fat at the same time? By arriving early to this class and claiming your spot! **(10)**

\$ SPYNERGY \$: This is not your average Sunday afternoon bike ride. Come prepared to discover a whole new you and deeper levels of endurance in this high level cardio and fat burning spin session. **(10)**

TOTAL CONDITIONING: Jon's most DIFFICULT session to date!! Hold on to this roller coaster of a workout!! Class Level: Advanced **(25)**

WAKE UP CALL: Wake up early on the weekend for a collection of freestyle workouts that will change weekly!! Class Level: Intermediate **(25)**

ZUMBA: A fusion of Latin dance rhythms featuring interval training using fast and slow sessions! **(35)**

ZUMBA STEP: Tone and strengthen legs and glutes with a gravity-defying blend of Zumba routines and step aerobics. ... Zumba **(35)**

ZUMBA TONING: Take Zumba to the next level by combining a typical Latin-infused, high energy Zumba class and body-sculpting exercises. Students will learn to use lightweight, maraca-like Zumba Sticks! **(35)**