

GROUP EXERCISE SCHEDULE



SUN	MON	TUE	WED	THU	FRI	SAT
						1 5:30AM Sunrise HIITS 11:30AM Total Body Fusion
3	4 5:30AM Bandz & Burn 11:30AM Total Body Fusion 5PM Step Circuit 	5 5:30AM Express Strength 11:30AM Tai Chi 5PM HIIT Boot Camp 	6 5:30AM Sunrise HIITS 8:30AM Express Strength 11:30AM Step & Flex 5PM Zumba 	7 5:30AM Express Strength 11:30AM Tai Chi 5PM HIIT Boot Camp 	8 5:30AM Sunrise HIITS 11:30AM Total Body Fusion 	9
10 	11 5:30AM Bandz & Burn 11:30AM Total Body Fusion 5PM Step Circuit	12 5:30AM Express Strength 11:30AM Tai Chi 5PM HIIT Boot Camp 	13 5:30AM Sunrise HIITS 8:30AM Express Strength 11:30AM Step & Flex 5PM Zumba	14 5:30AM Express Strength 11:30AM Tai Chi 5PM HIIT Boot Camp	15 CLOSED for FSS Training Day 	16
17	18 5:30AM Bandz & Burn 11:30AM Total Body Fusion 5PM Step Circuit 	19 5:30AM Express Strength 11:30AM Tai Chi 5PM HIIT Boot Camp	20 5:30AM Sunrise HIITS 8:30AM Express Strength 11:30AM Step & Flex 5PM Zumba 	21 5:30AM Express Strength 11:30AM Tai Chi 5PM HIIT Boot Camp	22 CLOSED for AMC Pass Day 	23
24/31	25 CLOSED for Memorial Day 	26 5:30AM Express Strength 11:30AM Tai Chi 5PM HIIT Boot Camp	27 5:30AM Sunrise HIITS 8:30AM Express Strength 11:30AM Step & Flex 5PM Zumba	28 5:30AM Express Strength 11:30AM Tai Chi 5PM HIIT Boot Camp 	29 5:30AM Sunrise HIITS 11:30AM Total Body Fusion	30

May Group Exercise Classes

All Classes Are FREE!

Class Descriptions:

***Sunrise HIITS w/Jamila:** Start your day with a fun and energetic workout designed to get you moving! This early morning class combines cardio, bodyweight exercises, and strength building circuits that can be modified for all fitness levels. You'll leave feeling energized and ready to take on the day!

***HIIT Boot Camp w/Jamila:** A fun and energetic class designed to get everyone moving, no matter their age or fitness level! A combination of cardio, bodyweight exercises, and strength-building circuits that can be modified for different fitness levels. Whether you are a beginner or a seasoned athlete, this class will leave everyone feeling energized, connected, and STRONG!

***Bandz & Burn w/Jamila:** A low-impact, total-body strength class using resistance bands to sculpt, tone, and build muscular endurance. All levels welcome. Let's burn!

Zumba w/Helena: Combines music and dance moves to create a dynamic, fun, and effective interval-style, calorie-burning dance experience. Designed for all fitness levels.

***Total Body Fusion w/Teresa:** "Cardio meets Mat Pilates" in this fun, high-energy fusion class! We use bands, balls, bars, step, and cardio kickboxing to challenge your strength, boost endurance, and torch calories. Get ready to sweat and sculpt from head to toe!

***Step and Flex w/Teresa:** A fun class that combines Step combinations for cardio and body sculpting to tone and strengthen. All levels welcome!

Tai Chi w/Rayshawn: Traditional Tai Chi Flow which increases strength, balance, flexibility, and relaxation. All fitness levels welcome.

***Step Circuit w/Marcia:** Combines Cardio with HIIT & dynamic weight training for an intense total body workout!

***Express Strength w/Jill:** This dumbbell-based class will teach you the fundamentals of strength training, using tried and true exercises like squats, deadlifts, presses, and rows. You'll get stronger, boost your metabolism, build your confidence, and have fun in the process. Whether you are new to lifting or just looking to spice up your workouts, this class is for you!

**FIP Approved*



For More Info Call:
813-828-4496

**Classes are first come,
first served.**



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