

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30a BootCamp Brandi	9:30a BootCamp Brandi			9:30a Zumba Carola		
10:15a Zumba Step Jose'		10:00a Zumba Step Jose'	10:00a P90X Brandi			
		11:00a SILVER SNEAKERS Class <b>Coming Soon!</b>		11:00a SILVER SNEAKERS Class <b>Coming Soon!</b>		
		5:00p BootCamp Brandi				
		6:00p MetKON_RX Samantha	6:00p Cardio Kickboxing Samantha			
					<b>Caste Village</b>	



## Class Descriptions

**BootCamp** - bursts of intense activity alternated with intervals of lighter activity. A boot camp workout also can include functional fitness, such as using whole-body, multijoint exercises that simulate activities of daily life.

**Cardio Kickboxing** - Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. 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.

**MetKON RX** - is science driven Metabolic Conditioning. This is a full-body interval class that works all planes, different energy systems, and multiple muscle groups. The combination of functional strength training and cardio conditioning is an efficient way to build muscle, burn fat, and torch calories. Designed to improve strength, power, athletic performance, and core stability. It's a fast-moving, fun, and results-driven class that's easily accessible to all levels.

**P90X** a total body, cardio and strength training class that uses body weight and dumbbells to build a strong, fit body and confident mind. A results-driven program, it utilizes the latest techniques to target balance, core strength, athletic ability and functional movement in everyday life.

**Silver Sneaker Classic** - SilverSneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support

**Zumba Step** - We combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor. Zumba® Step increase cardio and calorie burning, while adding moves that define and sculpt your core and legs.

**Zumba** - Zumba is a FUN fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training – alternating fast and slow rhythms – to help improve cardiovascular fitness.

**Exercise with qualified instructors who care about your health!**