

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:30a TurboKick® <u>CALL TO REGISTER</u> Michelle	
		 9:30a Silver Sneakers® Circuit Monica		 9:30a Silver Sneakers® Circuit Monica	9:30a 30 Minute Sculpt Michelle	
 11a Silver Sneakers® Circuit Monica	 11a Silver Sneakers® Circuit Pam		 11a Silver Sneakers® Circuit Pam			
					 West Mifflin	
6:00p Meet me at the Bar • - • <u>CALL TO REGISTER</u> Pam	6:00p Zumba Toning <u>CALL TO REGISTER</u> Charla	6:00p HIIT the Step <u>CALL TO REGISTER</u> Dawn	6:00p R.I.P.P.E.D. <u>CALL TO REGISTER</u> Charla			
7:00p TurboKick® <u>CALL TO REGISTER</u> Michelle	7:00p Strong ID® <u>CALL TO REGISTER</u> Charla	7:00p Meet me at the Bar • - • <u>CALL TO REGISTER</u> Dawn	7:00P Strong ID® Express <u>CALL TO REGISTER</u> Charla			

Class Descriptions

HIIT the Step - 100% effort through quick intense bursts of exercise followed by short sometimes active recovery periods using the Step and handweights. Simple, easy to follow choreography

Meet me at the BAR-•||--||• This workout includes your favorite barbell moves. Tone and strengthen your body using the barbell to target all the major muscle groups. We will guide you through a total body resistance workout emphasizing proper form with energizing music to push you to the finish 😊

R.I.P.P.E.D. - is a total body, high intensity style program that uses free weights, resistance, and body weight to scorch calories!. Each section is devoted to a particular type of workout that allow you to experience a variety of moves to banish boredom and challenge your body.

Strong ID® -In a one-hour class you will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like *high knees*, *burpees*, and *jumping jacks* are interchanged with isometric moves like *lunges*, *squats*, and *kickboxing*. STRONG by Zumba® All levels welcome, your Coach will give you options and variations to ensure you get the best workout for you.

Strong ID® Express – Same Strong ID® class you love in a slightly shortened version. This 30-minute class is just a preview of what you'll experience in a 60-minute class.

SilverSneakers Circuit – A 45 minute class incorporating hand-held weights, elastic tubing with handles, and a SilverSneakers ball alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

30 Minute Sculpt - For a combo class that'll leave you feeling stronger with a boost of endorphins, look no further This incredibly fun 30 minute class is the perfect workout for anyone looking for strength training and cardio with primarily low impact movements. You won't want to miss this one!

Turbo Kick® - is an interval based, full body workout that begins with a sports-specific warm-up. High-paced intervals follow with kickboxing-specific strength/endurance training sequences and easy-to-follow combinations. Class ends with a mind/body-like (think Tai-Chi) cool-down.

Zumba Toning - Those who want to party but put extra emphasis on toning and sculpting to define those muscles! ... Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body