











	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30	Buda Khi		Buda Khi			
5:45		<b>PIYO</b>		<b>PIYO</b>		
6:00	Sculpt & Tone		Sculpt & Tone			
6:15	LJ - A	SARA - A	LJ - A	SARA - A		
6:30						
6:45						
8:00						Zumba
8:15						
8:30						Courtney - C
8:45						
9:00	Stations	Buda Khi	Total	Circuit -	Buda Khi	Stations
9:15			Body	Spin		Cardio
9:30	Sharon - A	Sculpt & Tone	Toning	Sharon - B	Excel	Cycling
9:45		LJ - C	Tara - A		Sara - A	Lorie - B
10:00	Yoga		Classic			Sharon - A
10:15						
10:30						
10:45	Sharon - A		Tara - A			
11:00						
11:15						
11:30						
11:45						
3:30						<b>CYCLING &amp; CIRCUIT SPIN</b> FIRST COME - FIRST SERVE (LIMIT 15) MUST SIGN UP IN PERSON WEEKLY SIGN-UPS BEGIN EVERY SUNDAY
3:45						
4:00						

NO BUDA KHI CLASS ON THE 1ST SATURDAY OF THE MONTH

5:30	J.A.M.			J.A.M.		
5:45	Workout			Workout		
6:00	Blayne - A	Zumba	Cycling	Blayne - A	Zumba	Cycling
6:15						Buda Khi 29
6:30			Lorie - B			
6:45		Nichole - C			Nichole - C	LJ - C
7:00	Yoga			Yoga		
7:15						
7:30	Pamela - A			Pamela - A		
7:45						
8:00						

**Yearly Member**  
 Single Class Pass: \$3  
 Unlimited 1 mth Pass: \$15  
**Monthly Member**  
 Single Class Pass: \$3  
 10 Class Pass: \$20  
 Unlimited 1 mth Pass: \$25  
**Non-member**  
 Single Class Pass: \$6  
 10 Class Pass: \$40  
 Unlimited 1 mth Pass: \$45



CLASSES WITH FEW PARTICIPANTS ON A CONSISTENT BASIS MAY BE DROPPED AT ANY TIME



## Group Exercise Class Descriptions

**Booty-Camp** - This strength-based workout class will have a cardio aspect and will move through each exercise quickly. Each class will focus on a total body workout that is circuit/bootcamp style! Every class is different to keep your body guessing and your workout fun! This class is great for all fitness levels. Sara will be showing modifications for beginners through advanced participants.

**Buda Khi** - This exercise program was created by Martial Arts Goodwill Games Gold Medalist and World Champion, Lester J. Easley (L.J.). It combines martial arts, kickboxing, boxing and cardio. This total body workout includes abs, stretching, isometric training, push ups, major cardio and a lot of fun. You'll say U Can, U Will, U Did!

**Buda Khi Sculpt & Tone** - This early morning class uses martial arts related moves for total body toning using resistance bands, body bars, balance balls, jump ropes, stances and weights. Class ends with flexibility stretching and a quiet cool down.

**Buda Khi 29** - This class consists of martial arts sparring moves, Buda Khi Excel moves, Buda Khi Sculpt moves and Buda Khi floor work; all while wearing a hoody with the hood on your head! The slogan is "KICK IT UP, WE LIKE IT HOTT"

**Cardio Craze** - A predominately cardio class with some crazy, insane cardio moves! The cardio mixes jumping rope, plyometrics, step, cardio blasts and more. Weight, strength and core exercises are integrated throughout to hit all the muscle groups before the end of the hour. Can be adjusted for all fitness levels.

**Circuit Spin** - Get an amazing cardio workout in this 45 minute cycling class. The difference is we'll mix up the riding with muscle building and core conditioning every 5 minutes. Riding combined with weights to work every muscle in your body!

**Cycling** (Class size limited see schedule for details) - Imagine a room lined with bikes, pumped up music in the air and everyone pedaling in unison, adjusting the tension together, standing at the same time to climb up and then down the hills with sweat dripping everywhere! Go for a challenging ride without ever leaving the gym. An unbelievable cardio workout in 45 minutes!

**J.A.M. Workout** - This workout is a high intensity, interval training class for a full body workout using bands, handweights, TRX, resistance balls, steps, etc. Every exercise lasts "Just A Minute" giving you the ability to hit several muscle groups over and over during the class. You can do this, it will take you "Just A Minute" to do it!

**Silver Sneakers Classic®** - This is a core class for total body conditioning. You will be guided through functional, daily exercise activities with resistance tools to be used at your own pace. Improves overall strength, flexibility, posture and balance.

**Silver Sneakers Yoga®** - Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**Stations** - A challenging cross-training workout to begin your day. Each class combines a combination of "Stations" for 45-60 seconds. Cardio stations are mixed with strength stations such as steps, tubes, spinning bikes, balls, barn and gym equipment. Often moving from room to room, we pack as much as possible in this 50 minute class!

**Total Body Toning** - Full body toning and shaping is the focus of this class as we use a variety of strength training, exercise and equipment. Overall toning is the goal, but the class will concentrate on buns, abs, legs and arms. It's a fun way to get fit and firm!

**Yoga** - A mind/body approach to fitness combining warm up, pose-holding and cool down. Yoga implements breathing with movement for core, toning, flexibility gains and more. You'll notice increased relaxation and better posture. Can be modified for any fitness level. Bring a yoga mat.

**Zumba Fitness®** -

A Latin-inspired, dance fitness class incorporating Latin and international music and dance movements. Zumba is a fun, exciting and effective workout.

The class combines fast and slow rhythms to tone and sculpt while getting the heart rate up for a blend of cardio and toning.

