

# SPRING HILL FITNESS FALL CLASS SCHEDULE January 1 – February 18 '18

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am *note Wednesday			<b>4:00 AM!! "Club Ignite" Spin/Boot Camp Marcie/50mins</b>				
7:15am							
8:00am						<b>BARRE ABOVE Rebecca/55min</b>	
8:15am			<b>PILATES/YOGA FUSION Corrie/50min</b>				
9:00am						<b>STUDIO CYCLE Club Marcie 45min</b>	
9:00am						<b>KICKBOXING Audrea/55min</b>	
9:15am	<b>STUDIO CYCLE Mel/55min</b>	<b>FIT BLAST Samantha/60min</b>	<b>STUDIO CYCLE Michelle/55min</b>	<b>STEP AEROBICS Rebecca/55min</b>	<b>STUDIO CYCLE Audrea/55min</b>		
10:00am						<b>POWER PUMP Audrea/60min</b>	
10:15am	<b>POWER PUMP Michelle/60min</b>	<b>BARRE ABOVE Tamara/60min</b>	<b>POWER PUMP Rebecca/60min</b>	<b>BARRE ABOVE Rebecca/60min</b>	<b>BUTTS N GUTS Audrea/60min</b>		
3:00pm							<b>STUDIO CYCLE Club Marcie 45min</b>
4:00pm							<b>CLUB IGNITE BOOTCAMP Marcie/55min</b>
4:30pm	<b>PILATES/YOGA FUSION Corrie/50min</b>	<b>STUDIO CYCLE Tiffany/50min</b>	<b>OCR TRAINING Brandy/50min</b>	<b>CCI Tiffany/55min</b>			
5:30pm	<b>ENDURANX-FIT Michelle/55min</b>	<b>POWER PUMP Brandy/55min</b>		<b>POWER PUMP Tiffany/55min</b>			
5:30pm	<b>STUDIO CYCLE Audrea/55min</b>	<b>STUDIO CYCLE Club Marcie/50min</b>	<b>STUDIO CYCLE Stephen/50 min</b>	<b>STUDIO CYCLE Club Marcie/50min</b>			
6:30pm	<b>U-JAM Melissa/55min</b>	<b>BUTI YOGA Kelley/55 min</b>	<b>POWER PUMP Tiffany/55min</b>	<b>BUTI YOGA Kelley/55 min</b>			

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**Club Ignite Bootcamp:** Meets every Sunday at 4pm and Wednesday's at 4am for boot camp style training, homework given for you to complete 4 days a week, accountability, Facebook group for reporting homework assignments. Most attendees make plans to meet in small groups to complete homework assignments.

**Pilates/Yoga Fusion:** The perfect blend of Pilates, Yoga, and Strength Endurance into one amazing workout

**Buti Yoga** is a high energy workout with cardio-intensive bursts of tribal dance, primal movement + conditioning woven into a dynamic yoga practice. It also utilizes spiral movements from the core to sculpt and tone the deep abdominal muscles that stabilize and strengthen the body

**Into to U-Jam Fitness:** Perfect dance fitness fun for the beginner. Cardio, endurance, and toning choreographed to simple moves and pumping world beats.

**Kickboxing:** is a combination of cardio, boxing and martial arts providing a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance.

**CCI ~ Creative Cardio Interval:** FUN and FAST paced class for women AND men that combines strength and cardio endurance. The class can easily be adaptable to both beginner and high level participants by adjusting the intensity and the choice of interval options.

**EnduranX-FIT:** EnduranX-Fit is the ultimate endurance and strength training class. Whether you are training for an Ironman, fitness competition or want to become a stronger, leaner you, this class will help you accomplish your fitness goals and take on any challenge. You will experience a total body high intensity workout with a new feel every week from disciplines like, cross fitness training, boot camp, sports endurance, kickboxing, circuits and multi-sport training.

**BUTTS-N-GUTS:** A total body tightening and targeted class that provides exercises with emphasis on those problem areas: glutes, thighs, and abs.

**FIT BLAST:** Circuits of cardio that offers plyometric, strength, and endurance type exercises. The different exercises and variations are a Great Way to Shock the Body.... BE READY TO BRING IT!

**Power Pump:** A strength training workout emphasizing toning and muscle definition. This class targets every major muscle group with the use of an adjustable barbell and dumbbells. Enhance strength endurance and improve muscle tone without "bulking up"! Featuring easy to follow routines set to super motivating music, this power hour proves to be popular with both men and women, and suitable for all fitness levels.

**Studio Cycle:** Stationary cycle in a group fitness setting. This cardiovascular challenge will push riders to their limits and beyond! Class is easily adaptable for beginners to advanced participation. Participant's select personal intensity levels...the ultimate calorie burn!

**Cardio Circuit:** With the utilization of pre-reserved cardio equipment, each participant will rotate from station to station on a timed basis, and receive a challenging cardio coached workout that can easily accommodate ALL fitness levels from beginners to advanced!! The class will be limited to 10 participants. Come and experience this new class, and get your cardio on!!!

**Barre Above:** Strengthen and tone your core, thighs, and glutes with the BARRE and other tools for stability and balance while we "strengthen" our hearts and minds with positive music and scripture reading during the stretch portion of class. Yoga mats are needed.

**OCR Training:** Doesn't matter whether you plan to compete in a Spartan race or mud run, but you can train like one for the ultimate fitness with our experienced racers! Open to all members! Do things like sprints, carries, climbing ropes, monkey bars, wall jumps, and more!