

# SPRING HILL FITNESS FALL CLASS SCHEDULE MAR 4 – MAY 25 '19

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am						<b>BARRE ABOVE</b> Rebecca/55min	
9:00am						<b>CLUB CYCLE</b> Club Marcie/45min	
9:00am						<b>CARDIO CIRCUIT</b> Audrea/55min	
9:15am	<b>CLUB CYCLE</b> Mel/55min	<b>FIT BLAST</b> Samantha/60min	<b>CLUB CYCLE</b> Michelle/55min	<b>CREATIVE CARDIO INTERVALS</b> Rebecca/55min	<b>CYCLE</b> Audrea/55min		
10:00am						<b>POWER PUMP</b> Audrea/60min	
10:15am	<b>CLUB CYCLE</b> Samantha/55min						
10:15am	<b>POWER PUMP</b> Michelle/60min	<b>BUTI YOGA</b> Amber A./60min	<b>POWER PUMP</b> Rebecca/60min	<b>BARRE ABOVE</b> Rebecca/60min	<b>BUTTS N GUTS</b> Audrea/60min		
11:15am	<b>SILVER SNEAKERS CLASSIC</b> Grace/45 min		<b>SILVER SNEAKERS CLASSIC</b> Grace/45 min				
3:00pm							<b>CLUB CYCLE</b> Club Marcie/45min
4:30pm	<b>PILATES/YOGA FUSION</b> Corrie/50min	<b>CYCLE</b> Shanelle/50min -----	<b>PILATES/YOGA FUSION</b> Corrie/50min	<b>CREATIVE CARDIO INTERVALS</b> Brandy/55min			
5:30pm	<b>FIT BLAST</b> Michelle/55min	<b>POWER PUMP</b> Brandy/55min		<b>POWER PUMP</b> Leslie/55min			
5:30pm	<b>CLUB CYCLE</b> Ryan/50min	<b>CLUB CYCLE</b> Club Marcie/50min	<b>CYCLE</b> Alison/50 min	<b>CLUB CYCLE</b> Shanelle/50min			
6:30pm	<b>MAX BURN</b> Mike/50min	<b>BUTI YOGA</b> Kelley/55 min	<b>MAX BURN</b> Mike/50min	<b>BUTI YOGA</b> Kelley/55 min			

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**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

**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.

**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.

**Cycle:** Spin your way through an indoor ride that simulates the athletic sport of outdoor cycling. With heart pumping music laced with coached hill climbs and high intensity drills, this traditional cycle format is designed to push you to your limits and beyond! Class can be adapted to fit all fitness levels, as participants select personal intensity levels.

**Club Cycle:** It's a party on a bike!!! This class combines rhythm-based choreography to club thumping tunes that will leave you feeling sweaty and wanting more! This class also includes upper body choreography and can be adapted to fit all fitness levels.

**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.

**Max Burn:** A functional fitness class that utilizes kettlebells, medicine balls, jump ropes, and bodyweight exercises to develop strength, athleticism, and cardiovascular fitness.

**Silver Sneakers Classic:** The Silver Sneakers Classic workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a Silver Sneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.