SUMMER SESSION 1

June 2 - July 3
Summer Session 1
Group X Pass $5

**CLASS DESCRIPTIONS**

**AQUA COMBO:** Combination of shallow water and deep water exercises (buoyancy belts provided).

**BUTTS & GUTS:** Hit both areas in this dynamic sculpt class.

**CYCLE CHALLENGE:** Cycle your way to cardiovascular and muscular endurance in this interval based spin class.

**PIYO STRENGTH:** This is a sport performance class designed to build flexibility while increasing overall strength and gaining greater stability.

**POWER PUMP:** A structured strength class utilizing a barbell and weight plates to tone and strengthen.

**TABATA:** Intense athletic conditioning class to challenge even the most active participants.

**TOTAL BODY CONDITIONING:** Dynamic strength and cardiovascular training exercises to get your heart pumping and to target every muscle in your body.

**XPRESS CYCLE + ABS:** Boost your energy for the day with 30 minutes of cycling followed by 15 minutes of core strengthening exercises and stretching.

**YOGA:** Learn the asanas (postures) for a better understanding of yoga benefits.

**SCHEDULE**

**Monday**
12:10 – 12:55 pm
PiYo Strength / Mandy
Studio 2

Tuesday
12:10 – 12:55 pm
Xpress Cycle + Abs / Mandy
Studio 1

**Starting June 17; 12:10 – 12:55 pm Aqua Combo / Shauna Reid Pool**

**Wednesday**
12:10 – 12:55 pm
Yoga / Kellie
Studio 2

**Starting June 19; 12:10 – 12:55 pm Aqua Combo / Brandon Reid Pool**

**Thursday**
12:10 – 12:55 pm
Power Pump / Mandy
Studio 2

**Friday**
12:10 – 12:55 pm
Total Body Conditioning / Shauna
Studio 2