

2020

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

MAIN STUDIO

9:00am  
ZUMBA  
Alain  
  
10:30am  
POWER PILATES  
Gina Murray

9:30am  
ZUMBA  
Alain

10:30am  
POWER PILATES

10:30am  
POWER PILATES

9:30am  
ZUMBA  
Alain

7:30pm  
HIP HOP KIDZ

7:30pm  
HIP HOP KIDZ

TRX

8:30am  
SWEAT

8:30am  
SWEAT

9:30am  
PURE SCULPTING  
Julian Diasa

9:30am  
PURE SCULPTING  
Julian Diasa

Real Ryder

9:30am  
Brad

8:30am  
Sandy Gonzalez

7:00am  
Sandy Gonzalez

8:30am  
Sandy Gonzalez

7:00am  
Brad Sonnett

10:00am  
Brad Sonnett

5:30pm  
Sandy

5:15 pm

9:30am

5:30pm  
Sandy

9:30am  
Jorge

9:30am  
Brad



**BOOTCAMP:** These classes are incredibly popular because they provide an amazing full body workout specially designed to TONE and BURN FAT. We incorporate cardio, muscular endurance, strength training, agility, balance & flexibility exercises to get results.

**ZUMBA:** Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Achieve long term benefits while experiencing an absolute blast.

**AWESOME HOUR:** A total body workout using weights, and a jump rope. Do all the basic exercises that work your upper, middle, and lower body, plus they are done in different combinations to keep the body stimulated and challenged. (Great music)

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**POWER PILATES:** A full body conditioning workout that builds flexibility and muscle strength. It puts an emphasis on spinal and pelvic alignment, breathing, and developing a strong core. This class moves at a faster pace to improve endurance. Transform your body and lean out with this class.

before!

**ROCK SOLID:** Rock Solid will include segments of toning, stretch and flexibility exercises. Focus of this class is to work smarter and harder than you ever have.

**SPINNING:** Spinning burns serious calories and offers an awesome aerobic workout. You can finish a spin class, regardless of your fitness level, simply by adjusting your pace or the tension knob on the bike. If you are new to spinning, arrive five minutes early for your first class so your instructor can answer any questions and help you with bike adjustments. Make sure you let the instructor know about any injuries that you have so s/he can help you modify some of the moves. Also, visit our cardio area and try our Spinner with virtual instructors. Perfect for people with very busy schedules or beginners wanting to see what spinning is all about.

**THE WORK OUT:** This class is a series of core based exercises using a medicine ball (varying weights), and your body, that works your whole body. We have a fun time developing strength, coordination, balance, and flexibility. (Great music)

**BODY SHOP:** This is the class that got Lem started and it's loved by many. It is a choreographed (not a dance class, just constant movement) weight class, with great music, and done in a very controlled manner to minimize injury, and maximize the benefits that your whole body will receive.

**SWEAT:** Prepare to get in the best shape of your life. This class will make you stronger, faster and more vital than what you've ever been. By combining intense fat burning exercises, anaerobic & explosive movements in a safe and efficient manner you will build the body of your dreams. This is a class you don't want to miss!

**SYNERGY METHOD:** An structured fitness program which focuses on the interaction between two agents: the mind and the body to create wellness and self awareness in all participants.

It is through three different methods called "Synergy Motion, Synergy Station, and Synergy Mobility" that we seek to accomplish our fitness goals. The Method is one but the paths are endless.



**OneWeekGuestPass**

Seven (7) consecutive day access to gym and all group classes. Must be 18 years of age, a local resident with a valid driver's license or other government issued picture ID. Redeemable by non-members only. Master Classes not included.

