

GXC Schedule

February 2013

Front Desk.....269-2727
Group X Coordinator.....269-2750
Fitness Manager.....269-2750

MON	TUES	WED	THURS	FRI	SAT
	0600-0700 SPIN Fran		0600-0700 SPIN Fran	0600-0700 HARDCORE Emily	0830-0930 ZUMBA Tanya/Kelly
	0900-1000 BODY TONE Ric	0900-1000 SPIN Emily	0900-1000 BODY TONE Ric	0900-1000 CARDIO KICKBOX Tanya	0930-1030 YOGA Marie
1030-1130 ZUMBA Tanya		1000-1100 ZUMBA DeAnn		1000-1100 ZUMBA DeAnn	
	1130-1230 POWER YOGA Marie	1130-1230 BODY TONE Ric	1130-1230 SPIN Emily		
1700-1800 ZUMBA TONING Kelly	1700-1800 MUSCLE & ABS Fran		1700-1800 MUSCLE & ABS Fran		
1800-1900 SPIN Cortez	1800-1900 ZUMBA Tanya	1800-1900 ZUMBA Kelly	1800-1900 ZUMBA Tanya		
	1900-2000 YOGA Marie				

WOCBS
MARINE CORPS
SUPERIOR AIR

CLASSES SUBJECT TO CHANGE WITHOUT NOTICE

Cardio Kickboxing: Punch and kick some calories away! A full hour of punches, kicks, balance, and plyometrics for an intense cardio workout.

Body Tone: An original barbell, dumbbell, and abs class that will challenge your entire body. Burn 400-600 calories easily while we listen to some of the best music in the world!

Yoga: Discover postures that combine breath and movement to create a flow of exercises for the mind and body designed to build strength, flexibility, energize and release tension.

Power Yoga: A vigorous, fitness-based approach to yoga that emphasizes upper body & core strength, flexibility, and varies widely. Work hard and work up a sweat!

Zumba classes feature exotic rhythms set to high-energy Latin and international beats. This Latin-inspired, easy-to-follow, dance-fitness party exhilarates the senses and works all the major groups in a high-energy cardio blast that leaves participants invigorated, refreshed, and full of life!

Zumba Toning combines targeted body-sculpting exercises and high-energy cardio work with Zumba moves to create a calorie-torching, strength-training dance fitness-party!

Muscle & Abs is a total body workout that will help improve strength, balance, and flexibility using free weights, bands, and balls. With the last 25 minutes dedicated solely to abs.

Spin/Cycle: Burn hundreds of calories on our state-of-the-art bikes doing heart pounding jumps, sprints, and hills!

Ab Noxious: A music driven half-hour totally devoted to abs and core. The name speaks for itself...

Hardcore: A random, hour-long, calorie burning extravaganza. A great way to start the morning!