

NOVEMBER Aerobics Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0800-0900 Cardio Kickboxing Ms. Annie	1000-1100 Body Blast: Supersets Ms. Sarah	0800-0900 Cardio Kickboxing Ms. Annie	1000-1100 Body Blast: Supersets Ms. Sarah	 No Classes
1200-1300 Zumba Ms. Donna	1200 - 1230 Ab Attack 30 Ms. Donna	1200 - 1300 Zumba Ms. Donna	1200 - 1230 Ab Attack 30 Ms. Donna	
1630-1730 Cycle Bootcamp Ms. Mel	1630 - 1730 Cycle Bootcamp Ms. Mel	1630-1730 Hatha Yoga Ms. Mary Kay	1630 - 1730 Cycle Bootcamp Ms. Mel	
1745-1845 Power Cycle Ms. Jessica		1745-1845 Power Cycle Ms. Jessica		

No classes on
Nov 8, 11, 28, 29
For Holidays &
Family Days

BODY BLAST: SUPERSETS: A class for all ages and fitness levels that incorporates weights, alternating between upper body and lower body, creating "supersets". Short bursts of cardio are also included to provide a well-rounded and effective workout.

AB ATTACK 30: A fast-paced, 30-minute workout designed to strengthen your core, hips, glutes, and lower back. This targeted class is perfect for cyclists, runners, and fitness enthusiasts looking to build stability and power in key muscle groups. Get ready to boost your performance and enhance overall strength in just 30 minutes!

CYCLE BOOTCAMP: A high-energy, fun, and dynamic class that combines strength training and cardio for a full-body workout. Powered by motivating music, this session offers an efficient, exhilarating way to boost your fitness while challenging both your endurance and strength. Get ready to sweat and have fun!

ZUMBA: An exciting dance-fitness class that blends high- and low-intensity intervals to boost cardiovascular fitness while improving balance, coordination, agility, and strength. Gear up for a fun, energetic, full-body workout!

NEW CLASS!! CARDIO KICKBOXING: A total body workout that blends powerful martial arts techniques with heart-pumping cardio, delivering a dynamic and practical fitness experience. You'll engage your entire body, improving strength, coordination, and flexibility while burning calories and toning muscles, offering both a physical challenge as you build confidence and endurance.

NEW CLASS!! HATHA YOGA: A class for all levels that emphasizes foundational poses, alignment, and mindful breathing. You'll leave feeling stronger, rejuvenated, and balanced in mind, body, and spirit, making it the perfect class to enhance both physical and mental well-being.

NEW CLASS!! POWER CYCLE: Join a high-energy cycling class that's fun, engaging, and a fantastic cardio workout. Ride at a comfortable pace while feeling motivated by upbeat music, your instructor, and fellow riders. You'll experience an efficient, total-body workout that combines endurance and interval drills to maximize fat burn and muscle toning.