



# DECEMBER AEROBICS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>0600-0700:</b> <u>Kickbox Bootcamp</u> Annie	<b>0630-0730:</b> <u>Cycle Bootcamp</u> Mel	<b>0600-0700:</b> <u>Kickbox Bootcamp</u> Annie	<b>0630-0730:</b> <u>Cycle Bootcamp</u> Mel	  <p>No Classes December 24th, 25th or 31st</p>
<b>1630-1730:</b> <u>Cycle Bootcamp</u> Mel	<b>1130-1230:</b> <u>Cardio Weight Training</u> Sarah	<b>1630-1730</b> <u>Cycle Bootcamp</u> Mel -December 4th & 11th Only-	<b>1130-1230:</b> <u>HIIT</u> Donna	
<b>1745-1845:</b> <u>Power Cycle</u> Jessica	<b>1630-1730:</b> <u>Cycle Bootcamp</u> Mel	<b>1630-1730</b> <u>Hatha Yoga</u> Mary Kay -December 18th only-	<b>1630-1730</b> <u>Kickbox Bootcamp</u> Annie	
		<b>1745-1845</b> <u>Power Cycle</u> Jessica	<b>1745-1845</b> <u>Hatha Yoga</u> Mary Kay -December 19th & 26 only-	

**NEW CLASS!! HIIT:** High-Intensity Interval Training (HIIT) alternates short periods of intense or explosive anaerobic exercise with brief recovery periods. Come join us for a challenging and exciting class guaranteed to make you sweat!

**CARDIO WEIGHT TRAINING:** 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.

**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!

**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.

**KICKBOX BOOTCAMP:** A total body workout that blends 30 minutes of powerful kickboxing with 30 minutes of heart-pumping weightlifting, 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.

**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.

**\*\*\*ALL AEROBIC AND GROUP CLASSES TAKE PRECEDENCE IN THE AEROBICS ROOM\*\*\***  
 Hours: 0400-2200 Mon-Fri Closed: Sat, Sun, Holidays, and Family Days  
 For more information, please call 307-773-6199