




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Bare Fitness</i>						
	9:15 am PILATES Nancy S.		9:15am PILATES Nancy S.		<u>8:30am</u> Rotating	9am HATHA YOGA Rebecca
11am  KARA	11:00 Silver Strength Barry	11:30 am  KARA		11am  Barry		
4:30 Core fusion Kara	4:30 CARDIO SCULPT INTERVAL MARIA	4:30pm Kickboxing & ABS ALI	4:30 pm Muscle Max Dawn			
5:30 BOOT CAMP ALI	5:30 20-20-20 Maria		5:30 pm TNT Dawn			
	6:30 pm HATHA YOGA Rebecca					

CARDIO SCULT INTERVAL This class incorporates a series of varied body sculpting exercises alternating with aerobic paced movements. It maximizes motivation while challenging your entire body.

Kickboxing & ABS 20 minutes of kickboxing and 20 minutes of abs!

SILVER STRENGTH Supervised time on the fitness floor for seniors using the strength and cardio machines.



Silver Sneakers offers an innovative blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health.



Zumba is a fusion of body sculpting movements with easy to follow dance steps to the tune of Latin and International Music. The routine features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning.

HATHA YOGA

Hatha Yoga is a 55 minute yoga class known as the branch of yoga that unites pairs of opposites referring to the positive (sun) and negative (moon) currents in the system.

20-20-20 A compellation of 20 minute each of Cardio, Strength and floor work. Each class features a medley structured to emphasize variety.

TNT

It's all about a punch and a crunch, a romp and a stomp in the boot camp style cardio/sculpting class. You'll sweat and work like There's No Tomorrow!

BOOTCAMP Cardio and strength drills performed at fast-paced intervals. You will alternate 3 minutes of cardio with 15 minutes of strength training for a total body workout!

CORE FUSION

TONE AND STRENGTHEN YOUR MUSCLES, IMPROVE YOUR GRACE AND POSTURE WITH EXERCISE BASED IN YOGA, BALLET, AND PILATES.

Muscle Max

This 60 minute strength program targets all major muscle groups. With simple athletic movements such as squats, lunges, presses, and curls, it is for all fitness levels and ages. Discover results, discover muscles! Each instructor will bring their own twist to this strength program.

CLUB HOURS

MON-THURS	5AM-10PM
FRI	5AM-9PM
SAT	8AM-4PM
SUN	8AM-3PM

(845)294-5004

www.barefitness.net