



GROUP EXERCISE - NOVEMBER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Monday Meltdown with Aimee 915AM-1015AM	BALLY PUMP with FRANCEE 10AM-11AM	20/20/20 with BRYAN REMBLE Cardio Strength Glutes/Abs 915AM-1015AM	BALLY PUMP with FRANCEE 10AM-11AM	20/20/20 with BRYAN REMBLE Cardio Strength Glutes/Abs 915AM-1015AM	BALLY BOOTCAMP W/ CARLOS 8AM-9AM
AB BLAST! with TRENT 1210PM-1240PM	AB BLAST! with TRENT 1210PM-1240PM	AB BLAST! with TRENT 1210PM-1240PM	AB BLAST! with TRENT 1210PM-1240PM		PUMP AND AB-SOLUTION with AIMEE 9AM-1030AM
AB BLAST! with BRANDON 5PM-520PM	Kick Boxing with BRYAN REMBLE 5PM-6PM	AB BLAST! with BRANDON 5PM-520PM	Kick Boxing with BRIAN REMBLE 5PM-6PM		
TURBOKICK with FRANCEE 530PM-630PM	Kick Boxing with BRYAN REMBLE 6PM-7PM	MELT DOWN with AIMEE 530PM-630PM	Kick Boxing with BRIAN REMBLE 6PM-7PM	HIPHOP HUSTLE with FRANCEE 530PM-630PM	
STEP N' PUMP with JAMIE/MELISSA 630PM-730PM	Evening XPRESS with BRITTANY 7PM-745PM	ZUMBA w/ WES 630PM-730PM	Evening XPRESS with WES 7PM-745PM		
MARTIAL ARTS FITNESS with KODY 630PM-730PM	MARTIAL ARTS FITNESS with KODY 630PM-730PM	MARTIAL ARTS FITNESS with KODY 630PM-730PM	MARTIAL ARTS FITNESS with KODY 630PM-730PM	STARS SENIOR FITNESS with CANDACE will be held in the KIDFIT ROOM 9AM-10AM on WEDNESDAYS	
				MARTIAL ARTS FITNESS WILL BE HELD IN THE KID FIT ROOM	

CLASS DESCRIPTIONS

20/20/20	A mix of Cardio (20 minutes), Weight Training (20 minutes), and Plyometrics (20 minutes)
AB Blast!	20 minutes of hardcore abdominal/core training
HipHop Hustle	Cut and Contour your body with this rockin and eclectic total body workout using the latest HipHop moves and music.
Step N' Pump	Combination Class. 30 minutes of Step, 30 Minutes Pump (Weight Training)
TurboKick	Ultimate cardio challenge with sport-specific warmup, intense intervals, combinations, and a Tai-Chi like warmdown.
BootCamp	Not for the faint of heart. High intensity cardiovascular and plyometric drills in a class format.
Kick Boxing	Cardiovascular workout focusing on core principals using punches, jabs, and kicks.
Evening XPRESS	Total body workout for those with the busiest of schedules. Combination Cardio and Strength Training.
Pump and AB-Solution	Pump (Weight Training) and sport-specific core workout.
Stars Senior Fitness	Low impact muscular strength and range of movement class for the "young at heart." *Ask Candace for details*
Bally Bootcamp	For the adrenaline junky!! Drills with plyometrics, calistinics and core work!
Bally Pump	A low impact weight training class.
MELTSDOWN	Cardio and Strength training that will kick your butt and melt the pounds off!
Zumba	Mixture of cardio and latin dancing. Tons of fun! You won't even realize your working out!
Martial Arts Fitness	Power hour of martial art style circuit training for cardio and muscular improvements