

2015 HOLIDAY CLASSES

Join us for special classes this holiday season. Playroom available on all days.



LABOR DAY

KICK, STRIKE & HIIT

8:30-9:30AM in the gym

Intervals of kickboxing, martial arts styled movements using a body bar and High Intensity Interval Training are sure to get your heart rate up and muscles burning during this 60 minute class! Grab a body bar on your way in! **Regular classes will not be offered.**

TURBOKICK AND BARBELL STRENGTH

8-9:30AM in the gym

Come get a head start and workout before the festivities and food! Join us for an hour of the most ultimate cardiovascular challenge utilizing kickboxing, intense intervals and body weight exercises. Class will follow a half hour of pre-choreographed barbell routine using weights and a barbell. **Regular classes will not be offered.**



NEW YEARS EVE



EXTRA SPECIAL SPOOKTAULAR SATURDAY HALLOWEEN WORKOUT

7:45AM – Creepy Crawly Yoga (YMMA)

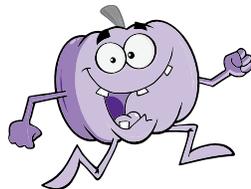
8:00AM – Eekplosive Circuit (Rec Center)

9:30AM – TRX, Boxing and Cardio Conditioning Terror (YMMA)

9:30AM – The Haunted PiYo workout (Rec Center)



HALLOWEEN



THANKSGIVING

TURDUCKEN CIRCUIT

8-9:15AM in the gym

We will be combining some of your favorite moves from step and turbo to make the ultimate pre-feast workout. For a little extra burn we will include some high intensity interval training in a circuit style class. This 3 style workout, like a turducken, will be sure to satisfy everyone. Let's start this holiday season off right, together! **Regular classes will not be offered.**



NEW YEARS DAY

R.I.P.P.E.D. and PiYo

9-10:15AM in the gym

Come burn off last year's calories and start the New Year devoted to a new you! Experience this total body workout, utilizing resistance and cardio training, which masterfully combines

Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective. Class will follow with a half hour of dynamic fusion workout combining the core benefits of Pilates and flexibility of flowing yoga movements. All levels are welcome! **Regular classes will not be offered.**

SANTA'S WORKSHOP

8-9:30AM in the gym

In Santa's workshop we will be working on all aspects of fitness. We will combine strength, mind body and cardio into a robust and tough workout before the Christmas holiday begins. **Regular classes will not be offered.**



CHRISTMAS EVE