**EFFECTIVE 4/3/17**

 **CLASS SCHEDULE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **TIME** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **9:00 AM** |  |  | **ZUMBA**  Nancy Taylor |  |  |
| **10:00 AM** | **GET YOUR**  **STRETCH ON**  Leah Marino | **ROCK YOUR BODY**  Leah Marino |  | **BODY SCULPT**  Leah Marino | **GET YOUR STRETCH ON**  Leah Marino |
| **5:45 PM** |  | **SPIN/CORE**  Dre Hernandez |  |  |  |

**CLASS DESCRIPTIONS**

**Zumba:** Latin and international music with a fun and effective workout system.

**Get Your Stretch On:** Warm-up followed by a deep stretch.

**Rock Your Body:** Cardio based incorporating free weights.

**Body Sculpt:** Combination of spin, step, bosu, and weights.

**Spin/Core:** This 30 minute Spin plus 15 minute core class is designed for low impact intervals to get your heart rate pumping mixed with Core training. 45 minute class.