

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>morning</b>						
	6:15-7:15am FEMMEBOD Yael/AnnMarie				8:30-9:30am WEEKEND WARRIOR Kim	8:45-9:45am CARDIO FUSION Arielle
8:00-9:00am (M+) BARRE Nadia	9:00-10:00am PILATES FUSION Maria	8:30-9:30am (M+) BARRE Donna	9:00-10:00am FEMMEFUSION Kim	9:00-10:00am PILATES FUSION Arielle	9:30-10:30am ZUMBA® Lucia	9:00-10:00am (M+) RESTORATIVE YOGA Patrice
9:00-10:00am FEMMEFUSION Yael	10:00-11:00am WARRIOR Eileen	9:30-10:30am ZUMBA® Uhrsula	10:00-11:00am (M+) YOGA FIT Mikki	10:00-11:00am KICKBOXING & SCULPT Michele	10:30-11:30am (M+) SOUL BODY BARRE™ Kim	10:00-11:00am FEMMEBOD Sunday
10:00-11:00am ZUMBA® Lucia	11:00-12:00pm GENTLE FITNESS Sunday	10:30-11:00am AB-SOLUTION Terry	11:30-12:30pm BETTER BONES Kim	11:00-12:00pm GENTLE FITNESS Mikki		11:00-12:00pm ZUMBA® Nina
<b>evening</b>						
5:00-6:00pm FEMMEFUSION Kim	5:30-6:30pm ZUMBA® Uhrsula	5:00-6:00pm FEMMEBOD Sunday	5:30-6:30pm WARRIOR Eileen	<ul style="list-style-type: none"> <li>• Mind Body Plus classes are indicated by a (M+) and highlighted</li> <li>• Classes and instructors are subject to change based on operational needs, class attendance and member feedback</li> <li>• Please check the "live" class schedule at <a href="http://www.myfemmefit.com">www.myfemmefit.com</a> for the most up to date changes</li> <li>• Minimum of 3 participants is required for a class to take place</li> <li>• If you are new to group exercise, please introduce yourself to the instructor</li> <li>• In order to prevent injury, please do not enter a class more than 10 minutes late, or leave before stretching or properly cooling down</li> <li>• Cell phone use is permitted in the lobby only, and should be off or on silent mode while in the facility</li> </ul> <p>HOURS: Monday &amp; Wednesday 7:00am – 9:30pm Tuesday &amp; Thursday 6:00am – 9:30pm Friday 7:00am – 6:00pm Saturday &amp; Sunday 8:00am – 2:00pm</p>		
6:00-7:00pm (M+) POWER YOGA Ashley	7:00-8:00pm STRONG™ Kim	6:00-7:00pm 20/20/20 Yael	6:00-7:00pm (M+) BARRE Nadia			
7:00-7:30pm AB-SOLUTION Terry	7:00-8:00pm (M+) BARRE Nadia	7:00-8:00pm ZUMBA TONING® Nina	6:30-7:30pm ZUMBA® Ajel			
7:30-8:30pm ZUMBA® Nina	8:00-9:00pm ZUMBA® Ania	8:00-9:15pm (M+) YOGA for a HEALTHY BACK Colleen	7:30-8:30pm KETTLEBELL BLITZ Yael			
<p align="center"><b>Spin, stretch or tone with FIT TV</b> Ask a team member to help you choose your class 'on demand'</p>						

## GROUP EXERCISE CLASS DESCRIPTIONS

**20/20/20:** Maximize your time with three of your favorite formats in one class. Sweat through 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of core work, all in one effective workout

**Ab-Solution:** Chisel your abs in a class designed to challenge your core. Get rid of back fat, muffin tops, and love handles!

**Better Bones:** A low impact, total strength class for the beginner or seasoned exerciser using light weights, bands, chairs and more

**FemmeBod:** Foundational, total body strength conditioning

**FemmeFusion:** Classes that creatively combine interval and functional training methods and equipment for a total body strength and cardio workout

**Gentle Fitness:** An effective and fun class designed for beginners and active older adults to improve strength, flexibility and balance in a safe environment

**Kettlebell Blitz:** Get faster results for strength, endurance and muscle toning by incorporating kettlebells into this dynamic workout

**Kickboxing & Sculpt:** An upbeat and challenging cardio workout starting with traditional kickboxing and ending with toning and core work

**Pilates Fusion:** Everything you love about pilates with a more challenging and athletic approach incorporating light hand weights

**Strong™:** H.I.I.T. format that combines high intensity interval training and boxing moves, synced to motivating music

**Warrior/Weekend Warrior:** Interval style format that alternates cardio, H.I.I.T (High Intensity Interval Training) and strength rounds into one, super efficient workout

**Zumba®:** Ditch the workout, join the party! Come party with us in this high-energy dance fitness class inspired by Latin rhythms and international music

**Zumba Toning®:** Zumba with added resistance using toning stick, light weights, bands and more to tone target zones, including arms, core and lower body

## MIND BODY PLUS CLASSES

**Barre:** Sculpt, tighten and strengthen your entire body with pilates and ballet infused moves using a fixed barre and exercise equipment such as mini-balls and light hand weights

**Power Yoga:** A more powerful yoga improving strength, core and flexibility

**Restorative Yoga:** A gentler form of yoga designed to reduce stress and increase balance in the body and mind while stretching

**Soul Body Barre™:** Invigorating full body workout with a more athletic approach uses principles of pilates, yoga, and Interval strength training to transform your body by building power, grace, and stamina

**Yoga Fit:** Find your strength and flexibility in this yoga practice that also includes light hand weights to incorporate strength exercises into the flow

**Yoga for a Healthy Back:** Strengthen your core, improve posture & increase flexibility