<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td>5:30-6:00 a.m. Thirty Minute Fit</td>
<td>9:00-10:00 a.m. Chair Stretch &amp; Tone</td>
<td>9:30-10:15 a.m. Circuit Fit HIIT</td>
<td>9:00-10:00 a.m. Chair Stretch &amp; Tone</td>
<td>9:00-9:45 a.m. HIIT</td>
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<tr>
<td>Ronda Room 108</td>
<td>Liz 108</td>
<td>Monica 108</td>
<td>Liz Gym</td>
<td>Ronda Room 108</td>
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<tr>
<td>8:30-9:30 a.m. Yoga</td>
<td>9:30-10:15 a.m. Circuit Fit HIIT</td>
<td>9:45-10:45 a.m. Seniorcise</td>
<td>9:30-10:15 a.m. Circuit Fit HIIT</td>
<td>9:45-10:45 a.m. Seniorcise</td>
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<tr>
<td>Julie Room 108</td>
<td>Monica 108</td>
<td>Robin Gym</td>
<td>Ronda Room 108</td>
<td>Robin Gym</td>
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<tr>
<td>9:45-10:45 a.m. Seniorcise</td>
<td>9:00-10:00 a.m. Chair Stretch &amp; Tone</td>
<td>9:45-10:45 a.m. Circuit Fit HIIT</td>
<td>9:30-10:15 a.m. Circuit Fit HIIT</td>
<td>9:45-10:45 a.m. Seniorcise</td>
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<td>Robin 108</td>
<td>Liz 108</td>
<td>Monica 108</td>
<td>Ronda Room 108</td>
<td>Robin Gym</td>
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<tr>
<td>6:00-6:30 p.m. Kettlebell Circuit</td>
<td>5:30-6:00 p.m. Tabata Kickboxing</td>
<td>6:00-6:30 p.m. HIIT Circuit</td>
<td>5:30-6:00 p.m. Kickboxing Circuit</td>
<td>6:00-7:45 p.m. Zumba</td>
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<tr>
<td>Monica Fitness Center</td>
<td>Ronda Fitness Center</td>
<td>Ronda Room 108</td>
<td>Ronda Room 108</td>
<td>Christy Room 108</td>
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<td>6:00-7:00 p.m. Barre Fusion</td>
<td>6:00-6:45 p.m. Spin Circuit Combo</td>
<td>6:00-6:45 p.m. HIIT Circuit</td>
<td>6:00-6:45 p.m. HIIT Circuit</td>
<td>7:00-7:45 p.m. POUND</td>
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<tr>
<td>Kim Room 108</td>
<td>Ronda Room 108</td>
<td>Ronda Room 108</td>
<td>Ronda Room 108</td>
<td>Neil Gym</td>
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<tr>
<td>7:00-7:45 p.m. Zumba</td>
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**SUNDAY**

**NO CLASSES**
BARRE-FUSION
Mon. 6:00-7:00 p.m.
A total body workout utilizing body weight and higher reps to tone & strengthen. Provides a low impact, high energy workout.

THIRTY MINUTE FIT
Mon., Wed & Fri. 5:30-6:00 a.m.
Start off your day feeling energized with this total body, bootcamp style workout. Strength and cardio moves in various formats, using equipment or your own body weight, you’ll never be bored in this fun yet effective class!

CIRCUIT FIT HIIT
Tue. 9:30-10:15 a.m. & Thu. 9:30-10:15 a.m.
Cardio and resistance training in various formats for 45 minutes with use of equipment or your own body weight. This bootcamp style class will challenge every muscle group!

HIIT
Wed. 6:00-6:30 p.m.
A rigorous interval training sequence with high-intensity exercises. Combines resistance training with plyometric moves.

KETTLEBELL - CIRCUIT
Mon. 6-6:30 p.m.
This full-body kettlebell routine includes a wide range of exercises to fire up your muscles and build serious strength.

KICKBOXING - CIRCUIT • Thu. 5:30-5:50 p.m.
A full body workout that improves flexibility, balance, strength and coordination. Kickboxing moves combined with other strength and cardio moves in various formats, you’ll never be bored with this class.

POUND®
Thu. 7:00-7:45 p.m.
Combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks specifically for exercising, POUND transforms drumming into a great work out.

SENIORCISE
Mon. 9:45-10:45 a.m., Wed. 9:45-10:45 a.m. & Fri. 9:45-10:45 a.m.
A low-impact, low-intensity exercise class for older adults. Includes movements that promote joint flexibility, range of motion, muscle strengthening and cardiovascular conditioning.

SPIN-CIRCUIT COMBO • Tue. 6-6:45 p.m.
SPIN-EXPRESS • Fri. 12:15-12:45 p.m.
A highly effective way to build cardiovascular strength and endurance. Designed for all ages and fitness levels, Spin offers a challenging ride with fun energizing music.

YOGA
Mon. 8:30-9:30 a.m. & Wed. 8:30-9:30 a.m. & Fri. 8:30-9:30 a.m.
CHAIR STRETCH & TONE
Tue. 9-10 a.m. & Thu. 9-10 a.m.
Postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. Chair Yoga is an adapted form of yoga which allows you to modify your yoga practice based on your health, your mobility, and your current ability level — it offers a practice that includes seated poses on the chair and standing poses using the chair for balance and support.

TABATA KICKBOXING
Tue. 5:30-6:00 p.m.
A full body workout focusing on your core, flexibility, balance and coordination by practice of Kickboxing moves infused with high intensity intervals. This class makes for a great stress relief and a fun workout!

ZUMBA
Mon. 7-7:45 p.m. & Fri.
Zumba is a dance-based cardio class that targets fat loss and lean muscle toning in the upper body, lower body and core. Zumba is a high energy, rhythmic workout that offers a fun, party-like atmosphere.