

# JULY GROUP FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>I am..... DETERMINED</b> 6:15am-7:00am Kimm	<b>PILATES/BALL</b> 5:30am-6:30am Kimm		<b>"20/40" BENCH-to-BOOT</b> 5:30am-6:30am Kimm	<b>INDOOR CYCLING</b> 5:30am-6:30am Tony	
	<b>PILATES</b> 8:00am-9:00am Yolanda - 3rd, 17th, 31st Kathy - 10th, 24th	<b>ZUMBA</b> 8:30am-9:30am Taylor	<b>PILATES</b> 8:00am-9:00am Kathy Yolanda - 12th	<b>ZUMBA</b> 8:30am-9:30am Taylor	<b>PILATES</b> 8:00am-9:00am Yolanda	<b>INDOOR CYCLING</b> 8:15am-9:15am Laura -1st, 8th Sue - 15th, 22nd, 29th
	<b>INDOOR CYCLING</b> 9:15am-10:15am Tony -3rd, 17th, 31st Colleen - 10th, 24th	<b>COMBO CRUSH</b> 9:35am-10:35am Carrie	<b>HIIT</b> (High Intensity Interval Training) 9:15am-10:15am Carrie	<b>GLUTES, GUNS &amp; GUTS</b> 9:35am-10:35am Carrie	<b>INDOOR CYCLING</b> 9:15am-10:15am Debbie - 7th, 14th Colleen - 21st 28th	<b>INSTRUCTOR'S CHOICE</b> 9:30am-10:30am Shannon - 1st (Barbell Blast) Laura - 8th (Barbell Blast) Carrie - 15th (HIIT) Laura - 22nd - (Barbell Blast) Sue - 29th (30 Step/30 Yoga)
		<b>BARBELL BLAST</b> 10:40-11:40am Rachel	<b>INDOOR CYCLING</b> 10:30am-11:30am Tony		<b>VINYASA SLOW FLOW YOGA ON THE BEACH</b> (Weather permitting) 10:15am-11:15am Alice	
	<b>SILVER SNEAKERS CLASSIC</b> 10:30am-11:15am Lucy	<b>BRAINS &amp; BALANCE (ON TRACK)</b> 11:00am-11:45am Kimm	<b>SILVER SNEAKERS CARDIO CIRCUIT (ON TRACK)</b> 10:30am-11:30am Debbie	<b>SILVER SNEAKERS YOGA</b> 10:40am-11:30am Debbie	<b>SILVER SNEAKERS CARDIO CIRCUIT</b> 10:30am-11:30am Debbie	<b>FUN &amp; FITNESS for KIDS</b> 10:45am-11:30am Lucy
		<b>SILVER SNEAKERS YOGA</b> 12:00pm-12:50pm Debbie				<b>ANTI-BULLYING &amp; SELF DEFENSE for KIDS</b> 11:30am-12:15am Justin ***NO CLASS on 1st, 15th, 29th
	<b>ABS-n-CORE</b> 5:10pm-5:25pm <b>TRIPLE THREAT</b> (Bench, Kettle Bell, and F8 resistance band) 5:30pm-6:15pm Kimm Carrie - 10th	<b>INDOOR CYCLING</b> 5:30pm-6:30pm Laura	<b>VINYASA SLOW FLOW YOGA</b> 4:15pm-5:15pm Alice	<b>BARBELL BLAST</b> 5:30pm-6:30pm Laura	<b>"40" WITH GORDIE (ON TRACK)</b> 4:00pm-4:40pm Sarah	
	<b>P90X®</b> 6:30pm-7:30pm Rachel Laura - 3rd	<b>"40" WITH GORDIE (ON TRACK)</b> 5:00pm-5:40pm Sarah	<b>CHISEL &amp; PUMP</b> 5:30pm-6:30pm Rachel Carrie - 5th			<b>Also available on our website: cuttingedgegym.com</b>

**ANTI-BULLYING & SELF DEFENSE** Family oriented class with teachings in mixed martial arts. Class will focus on basic boxing, kickboxing and Jiu Jitsu with a touch of fitness for health benefits. Ages 7 and up.

**ASHTANGA YOGA FUSION** A mix of Slow Flow Yoga with short periods of power vinyasa which may include sequences at the balance bar.

**ABS-N-CORE** Get to the core with abs and more! 15 minutes is all you'll need for this core challenge.

**BARBELL BLAST** This compact barbell workout is sure to challenge ALL fitness levels. You will be taken through a total body workout using barbells to strengthen & tone all muscle groups.

**BRAINS & BALANCE** Don't be fooled into thinking this class is for "OLD" people... research as shown if you can improve your memory, you can improve your balance. If you can improve your balance, you can improve your memory. Make the commitment to embracing your future and aging well!

**CHISEL & PUMP** Sweat and sculpt with this fun and fast-paced interval class. classes change weekly to keep you from getting bored.

**COMBO CRUSH** Combination of simultaneous upper body and lower body moves with abdominals thrown in throughout. Get ready for a major calorie burn!

**FUN & FITNESS FOR KIDS** A "gym class" style program designed for kids who are not old enough to be out on the gym floor but still want to be active and have fun.

**GLUTES, GUNS & GUTS** Sculpt the area that you really want to target in this creative, chiseling challenge. Move from lower body into core and then upper body with transitioning combos using a variety of equipment. Class is multi-level.

**HIIT-(High Intensity Interval Training)** Great class for those that have reached a plateau in their weight loss or that love high intensity cardio. Major calorie burner!

**I AM,...DETERMINED** Focus on functional fitness, core strengthening, and simple cardio drills.

**INDOOR CYCLING** Experience the ride of your life set to music! Strength, Interval, and Endurance rides will challenge all fitness levels and vary your cardio workout. Water bottle recommended. (First time riders please arrive early)

**INSTRUCTOR'S CHOICE** This class will challenge you with any one of our classes listed except Indoor Cycling.

**P90X\*** Transform your workouts and your body with this 90 day progressive program. This class features two of the P90X\* strength training sessions a week.

**PILATES ON THE BALL** This class will focus on slower controlled moves combining Pilates and the Swiss ball to improve core stability, strength and balance. Please bring a yoga mat.

**PILATES** This class conditions the body from the inside out. Core stabilization, muscle balance and proper alignment & strength are the focus.

**SLEEPYTIME YOGA** Relax and prepare for the week ahead with our slow-paced 75 minute Sleepytime Yoga class. It is encouraged to bring blankets, and/or layers as the end of class will include 15 minutes of gentle adjustments and meditation, preparing you for the week

**SLOW FLOW VINYASA YOGA** Vinyasa means one-breath, one-movement. This class will accentuate the importance of listening to breath while moving at a faster pace. All levels of experience are welcome!

**SILVER SNEAKERS CLASSIC** A variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

**SILVER SNEAKERS CIRCUIT** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand held weights, elastic tubing with handles and a Silver Sneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching & relaxation.

**SILVER SNEAKERS YOGA** This class will move your whole body through a complete series of seated and standing Yoga poses. Chair support is offered to safely perform a variety of poses designed to increase flexibility, balance, and range of movement. Restorative breathing exercises will promote stress reduction.

**TRIPLE THREAT** This class will focus on using three pieces of equipment each month with a focus on kettle bells, bench, and a mix of balls, bands and bars.

**YOGA** Renew, refresh, and reinvigorate your mind and body with an hour of yoga. By holding and flowing through various poses, you will strengthen your muscles as well as challenge them to become more flexible.

**"20/40" BENCH-to-BOOT** This intense early morning class combines a cardio workout on the bench step followed by boot-camp style strength training to target all muscles.

**"40" WITH GORDIE!** This full body, high intensity, advanced fitness class is led by Gordie who has personally trained professional athletes! His class incorporates multiple muscle exercises in a 40 minute circuit format. It is designed for the serious athlete.

**\*\*\*CLASS CANCELLATION POLICY\*\*\***

We make every effort NOT to cancel any class. HOWEVER, we reserve the right to do so if circumstances are beyond our control.

**INSTRUCTOR CERTIFICATIONS:**

Alice - White Lotus Yoga  
Carrie - AFAA Personal Training  
Colleen - Madd Dogg Spinning  
Debbie - Madd Dogg Spinning, Silver Sneakers, Fitour Yoga  
Gordie - Health Education/Sports Science & Physiology  
Heather - Yoga Alliance, , Paramanand Yoga  
Kimm - Madd Dogg Spinning, AFAA, Brains & Balance  
Kathy - Pilates  
Laura - Madd Dogg Spinning  
Lucy - Silver Sneakers  
Mary - Advanced Pilates, AFAA  
Mia - Zumba, Hip Hop Cardio  
Melissa - Madd Dogg Spinning  
Pat - Ashtangasana Yoga  
Rachel - NFPT Personal Training, P90X\* Certified  
Shelly - Zumba  
Sue - Madd Dogg Spinning, YogaFit  
Taylor - Zumba  
Tony - Madd Dogg Spinning  
Yolanda - Pilates