

# MARCH GROUP FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	I am..... <b>DETERMINED</b> 6:15am-7:00am Kimm Sue -11th	<b>PILATES/BALL</b> 5:30am-6:30am Kimm Kathy - 19th (Pilates)		<b>"20/40"</b> <b>BENCH-to-BOOT</b> 5:30am-6:30am Kimm Sarah - 21st	<b>INDOOR CYCLING</b> 5:30am-6:30am Tony Sue - 29th	
		<b>POUND</b> 7:45am-8:30am Kimm <b>NO Class on 19th</b>				
	<b>PILATES</b> 8:00am-9:00am Kimm - 4th Kathy - 11th, 18th, 25th	<b>DANCE FUSION</b> 8:45am-9:30am Katie	<b>PILATES</b> 8:00am-9:00am Kathy Kimm-6th (7:45-8:35am)	<b>DANCE FUSION</b> 8:45am-9:30am Katie	<b>PILATES</b> 8:00am-9:00am Kathy Kimm - 1st, 8th (7:45-8:35am)	<b>INDOOR CYCLING</b> 8:15am-9:15am Debbie - 2nd, 23rd, 30th Sue - 9th, 16th
<b>YOGA/PILATES</b> 9:00am-10:00am Sue - 3rd, 10th (Yoga) Kathy-17th, 31st (Pilates) Debbie - 24th (Yoga)	<b>INDOOR CYCLING</b> 9:15am-10:15am Debbie - 4th Tony - 11th, 18th, 25th	<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 - 1st, 29th Colleen - 8th, 15th Tony - 22nd	<b>"40" WITH GORDIE (ON TRACK)</b> 9:00am-9:40am
	<b>BLEND-X</b> 9:30am-10:30am <b>(ON TRACK)</b> Sheila Sarah - 4th	<b>BARBELL BLAST</b> 10:40am-11:40am Shannon - 5th, 19th Rachel - 12th, 26th	<b>INDOOR CYCLING</b> 10:30am-11:30am Tony Sue - 27th	<b>"40" WITH SHANNON (ON TRACK)</b> 9:30am-10:10am	<b>YOGA (ON TRACK)</b> 10:30am-11:30am Pat	<b>INSTRUCTOR'S CHOICE</b> 9:30am-10:30am Laura - 2nd (Barbell Blast) Sue - 9th (Step & Strength) Rachel-16th (Barbell Blast) Carrie - 23rd (HIIT) Kimm- 30th (POUND)
	<b>SILVER SNEAKERS CLASSIC</b> 10:30am-11:25am Lucy	<b>BRAINS &amp; BALANCE (ON TRACK)</b> 11:00am-11:45am Kimm <b>NO CLASS on 19th</b>	<b>SILVER SNEAKERS CARDIO CIRCUIT (ON TRACK)</b> 10:30am-11:30am Debbie Lucy - 6th, 13th, 20th	<b>SILVER SNEAKERS YOGA</b> 10:40am-11:30am Debbie Pat - 7th, 14th, 21st	<b>SILVER SNEAKERS CARDIO CIRCUIT</b> 10:30am-11:30am Debbie Lucy - 8th, 15th, 22nd	<b>FUN &amp; FITNESS for KIDS</b> 10:45am-11:30am Lucy/Melissa
	<b>SOFT PILATES</b> 11:30am-12:20pm Kathy <b>NO Class on 4th</b>	<b>SILVER SNEAKERS YOGA</b> 11:50am-12:40pm Debbie Pat - 5th, 12th, 19th	<b>YOGA</b> 4:15pm-5:15pm Pat			
	<b>ABS-n-CORE</b> 5:05pm-5:25pm <b>POUND</b> 5:30pm-6:15pm Kimm <b>(STRENGTH TRAIN w/Laura on 25th)</b>	<b>INDOOR CYCLING</b> 5:30pm-6:30pm Kimm - 5th, 26th Melissa - 12th, 19th	<b>CHISEL &amp; PUMP</b> 5:30pm-6:30pm Rachel	<b>INDOOR CYCLING</b> 5:30pm-6:30pm Sue- 7th Melissa - 14th Tony - 21st Laura - 28th <b>***NEW CLASS</b>	<b>"40" WITH GORDIE (ON TRACK)</b> 4:00pm-4:40pm	
	<b>BARBELL SHRED</b> 6:30pm-7:30pm Rachel <b>***NEW CLASS</b> First class March 18th	<b>"40" WITH GORDIE (ON TRACK)</b> 6:00pm-6:40pm		<b>POUND</b> 7:00pm-7:45pm** Kimm <b>**New Time</b> <b>NO Class on 21st</b>		<b>Also available on our website: cuttingedgegym.com</b>

**ABS-N-CORE** Get to the core with abs and more! 20 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.

**BARBELL SHRED** Get out of your workout slump and come get "SHREDDED" by combining barbell exercises with short bursts of cardio. You'll get a fun and complete body workout in just one hour!

**BLEND-X** Where the personal trainer's imagination runs wild! You will get a full body workout and challenged mentally & physically. You can expect circuit-type classes with pyramid training to keep you on your toes!

**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 embrace your future and age 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!

**DANCE FUSION** Dance your way to fitness! This aerobic class fuses popular dance styles such as Jazz, Latin, Country-Line, and Hip-Hop. Come and get your groove on!

**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.

**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.

**POUND** Let your inner rockstar shine in this cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Please bring a mat for floor work.

**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.

**SOFT PILATES** Prepare to enjoy the "Softer Side" of Pilates. Sitting & standing movements with chair assistance offers muscle balance, alignment, core strength and deep breathing. Exercises will be assisted with balls, light weights and soft bands. All fitness levels invited. Music sets the mood too! Please bring a yoga mat.

**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" CLASSES** These are a 40 minute, full body, high intensity, advanced fitness class to incorporate multiple muscle exercises in a circuit format. (Held on the track)

**\*\*\*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:**

**Carrie** - AFAA Personal Training

**Debbie** - Madd Dogg Spinning, Silver Sneakers, Fitour Yoga

**Gordie** - Health Education/Sports Science & Physiology

**Kimm** - Silver Sneakers, AFAA, Brains & Balance, Spinning, POUND

**Kathy** - Pilates

**Katie** - BA Performing Arts

**Laura** - Madd Dogg Spinning

**Lucy** - Silver Sneakers

**Mark** - Black Belt, Kickboxing, AFAA Personal Training

**Melissa** - Madd Dogg Spinning

**Pat** - Ashtangasana Yoga

**Rachel** - Personal Training, P90X\*

**Shannon** - Personal Training

**Sheila** - ISSA Personal Training

**Sue** - Madd Dogg Spinning, Yogafit

**Tony** - Madd Dogg Spinning

**Yolanda** - Pilates