

# NOVEMBER GROUP FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	I am..... <b>DETERMINED</b> 6:15am-7:00am Kimm	<b>PILATES/BALL</b> 5:30am-6:30am Kimm		<b>"20/40"</b> <b>BENCH-to-BOOT</b> 5:30am-6:30am Kimm <b>NO CLASS on 22nd</b>	<b>INDOOR CYCLING</b> 5:30am-6:30am Tony	
				<b>YOGA</b> 7:15am-8:15am Pat <b>NO CLASS on 22nd</b>		
	<b>PILATES</b> 8:00am-9:00am Yolanda- 5th Kathy -12th,19th, 26th	<b>ZUMBA</b> 8:30am-9:30am Shelly	<b>PILATES</b> 8:00am-9:00am Kathy Yolanda - 21st	<b>ZUMBA</b> 8:30am-9:30am Shelly Taylor - 8th <b>NO CLASS on 22nd</b>	<b>PILATES</b> 8:00am-9:00am Yolanda	<b>INDOOR CYCLING</b> 8:15am-9:15am Debbie - 3rd, 24th Sue - 10th Tony - 17th
<b>YOGA/PILATES</b> 9:00am-10:00am Pat - 4th, 18th (Yoga) Kathy - 11th (Pilates) Yolanda -25th (Pilates)	<b>INDOOR CYCLING</b> 9:15am-10:15am Tony -5th, 19th Laura - 12th Debbie - 26th	<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>NO CLASS on 22nd</b>	<b>INDOOR CYCLING</b> 9:15am-10:15am Debbie - 2nd, 30th Laura - 9th, 16th, 23rd	<b>"40" WITH GORDIE (ON TRACK)</b> 9:00am-9:40am <b>***NEW CLASS</b>
	<b>BLEND-X</b> 9:30am-10:30am <b>(ON TRACK)</b> Sheila	<b>BARBELL BLAST</b> 10:40am-11:40am Rachel - 6th, 20th Shannon - 13th, 27th	<b>INDOOR CYCLING</b> 10:30am-11:30am Tony	<b>"40" WITH SHANNON (ON TRACK)</b> 10:30am-11:10am <b>NO CLASS on 22nd</b>	<b>YOGA (ON TRACK)</b> 10:30am-11:30am Pat <b>***NEW CLASS</b>	<b>INSTRUCTOR'S CHOICE</b> 9:30am-10:30am Laura - 3rd (Barbell Blast) Sue - 10th (Barbell Blast) Carrie - 17th (HIIT) Rachel - 24th (Barbell Blast)
	<b>SILVER SNEAKERS CLASSIC</b> 10:30am-11:15am Lucy Debbie - 26th	<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 Lucy - 14th	<b>SILVER SNEAKERS YOGA</b> 10:40am-11:30am Debbie Kimm - 15th <b>NO CLASS on 22nd</b>	<b>SILVER SNEAKERS CARDIO CIRCUIT</b> 10:30am-11:30am Debbie Lucy - 16th	<b>FUN &amp; FITNESS for KIDS</b> 10:45am-11:30am Lucy/Melissa
	<b>SOFT PILATES</b> 11:30am-12:20pm Kathy	<b>SILVER SNEAKERS YOGA</b> 11:50am-12:40pm Debbie Alice - 13th	<b>YOGA</b> 4:15pm-5:15pm Alice <b>***NEW CLASS</b>			<b>ANTI-BULLYING &amp; SELF DEFENSE FOR KIDS</b> 11:30am-12:15pm Justin - 6th, 20th Mark - 13th, 27th
	<b>ABS-n-CORE</b> 5:05pm-5:25pm <b>TRIPLE THREAT</b> 5:30pm-6:15pm Kimm	<b>INDOOR CYCLING</b> 5:30pm-6:30pm Melissa - 6th, 13th Kimm - 20th, 27th	<b>CHISEL &amp; PUMP</b> 5:30pm-6:30pm Rachel	<b>R.I.P.P.E.D.</b> 5:30pm-6:30pm Sarah - 1st, 15th, 29th Carrie - 8th <b>NO CLASS on 22nd</b>	<b>"40" WITH GORDIE (ON TRACK)</b> 4:00pm-4:40pm 5:00pm-5:40pm	
	<b>P90X</b> 6:30pm-7:30pm Rachel	<b>"40" WITH GORDIE (ON TRACK)</b> 6:00pm-6:40pm 7:00pm-7:40pm				<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.

**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.

**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!

**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.

**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.

**R.I.P.P.E.D.** Focus will be using techniques to define and tone specific muscle groups. GET THE MOST FROM YOUR WORKOUT!

**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.

**TRIPLE THREAT** This class will focus on using three pieces of equipment each month with a focus on kettlebells, bench, and a mix of balls, bands and bars. **GET STRONG WITH KETTLEBELLS!**

**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:**

**Alice** - White Lotus Yoga

**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

**Kathy** - Pilates

**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

**Shelly** - Zumba

**Sue** - Madd Dogg Spinning, Yogafit

**Taylor** - Zumba

**Tony** - Madd Dogg Spinning

**Yolanda** - Pilates