

OCTOBER GROUP FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	I am..... DETERMINED 6:15am-7:00am Kimm	PILATES/BALL 5:30am-6:30am Kimm		"20/40" BENCH-to-BOOT 5:30am-6:30am Kimm	INDOOR CYCLING 5:30am-6:30am Tony	
		YOGA 7:15am-8:15am Pat		YOGA 7:15am-8:15am Pat		
	PILATES 8:00am-9:00am Kathy - 1st, 15th, 29th Yolanda- 8th, 22nd	ZUMBA 8:30am-9:30am Shelly	PILATES 8:00am-9:00am Kathy Yolanda -17th	ZUMBA 8:30am-9:30am Shelly	PILATES 8:00am-9:00am Yolanda Kathy - 19th	INDOOR CYCLING 8:15am-9:15am Debbie - 6th, 13th Sue - 20th, 27th
YOGA/PILATES Debbie - 7th (Yoga) Yolanda -14th (Pilates) Sue - 21st (Yoga) Kathy - 28th (Pilates)	INDOOR CYCLING 9:15am-10:15am Debbie - 1st, 15th Tony - 8th, 22nd, 29th	COMBO CRUSH 9:35am-10:35am Carrie	HIIT (High Intensity Interval Training) 9:15am-10:15am Carrie	GLUTES, GUNS & GUTS 9:35am-10:35am Carrie	INDOOR CYCLING 9:15am-10:15am Debbie - 5th, 19th Laura - 12th, 26th	"40" WITH GORDIE (ON TRACK) 9:00am-9:40am Toby - 6th ***NEW CLASS
	BLEND-X 9:30am-10:30am (ON TRACK) Sheila	BARBELL BLAST 10:40am-11:40am Shannon - 2nd, 16th, 30th Rachel - 9th, 23rd	INDOOR CYCLING 10:30am-11:30am Tony	"40" WITH SHANNON (ON TRACK) 10:30am-11:10am		INSTRUCTOR'S CHOICE 9:30am-10:30am Carrie - 6th (HIIT) Rachel - 13th (Barbell Blast) Sue - 20th (Step & Strength) Laura - 27th (Barbell Blast)
	SILVER SNEAKERS CLASSIC 10:30am-11:15am Lucy	BRAINS & BALANCE (ON TRACK) 11:00am-11:45am Kimm	SILVER SNEAKERS CARDIO CIRCUIT (ON TRACK) 10:30am-11:30am Debbie Lucy- 31st	SILVER SNEAKERS YOGA 10:40am-11:30am Debbie	SILVER SNEAKERS CARDIO CIRCUIT 10:30am-11:30am Debbie	FUN & FITNESS for KIDS 10:45am-11:30am Lucy/Melissa
	SOFT PILATES 11:30am-12:20pm Kathy	SILVER SNEAKERS YOGA 11:50am-12:40pm Debbie Alice - 30th	YOGA 4:15pm-5:15pm Alice ***NEW CLASS			ANTI-BULLYING & SELF DEFENSE FOR KIDS 11:30am-12:15pm Justin - 6th, 20th Mark - 13th, 27th
	ABS-n-CORE 5:05pm-5:25pm TRIPLE THREAT 5:30pm-6:15pm Kimm	INDOOR CYCLING 5:30pm-6:30pm Kimm - 2nd, 16th, 30th Melissa - 9th, 23rd ***NEW CLASS	CHISEL & PUMP 5:30pm-6:30pm Rachel NO CLASS on 31st	R.I.P.E.D. 5:30pm-6:30pm Sarah - 4th, 18th Carrie - 11th, 25th ***NEW CLASS	"40" WITH GORDIE (ON TRACK) 4:00pm-4:40pm 5:00pm-5:40pm	
	P90X 6:30pm-7:30pm Rachel	"40" WITH GORDIE (ON TRACK) 6:00pm-6:40pm 7:00pm-7:40pm				Also available on our website: cuttingedgegym.com

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