

SEPTEMBER Group Fitness Schedule

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|---|---|--|
| | I am..... DETERMINED 6:15am-7:00am Kimm No class on 2nd Labor Day | | | "20/40" BENCH-to-BOOT 5:30am-6:30am Kimm | INDOOR CYCLING 5:30am-6:30am Tony | |
| | PILATES 8:00 - 9:00 am Kathy - 16th, 30th Yolanda - 9th, 23rd Kimm -2nd - Pound | POUND 7:45am-8:30am Kimm | | RESTORATIVE YOGA 7:20 - 8:20am Pat | | |
| | Transform Live/beachbody 8:30 - 9:15am Starting on 9th on Track Courtney G. ***NEW CLASS*** | DANCE FUSION 8:35am-9:30am Katie | PILATES 8:00am-9:00am Kathy | DANCE FUSION 8:35am-9:30am Katie | PILATES 8:00am-9:00am Yolanda | INDOOR CYCLING 8:15am-9:15am Sue - 7th Debbie - 14th, 28th Tony 21st |
| YOGA (Y) PILATES (P) 9:00 - 10:00am P- Kathy 1st Y- Sue 8th, Pat 22nd | INDOOR CYCLING 9:15 - 10:15am Debbie - 2nd, 16th, 30th Tony - 9th, 23rd | COMBO CRUSH 9:35am-10:35am Carrie | HIIT 9:15am-10:15am Carrie | GLUTES, GUNS & GUTS 9:35am-10:35am Carrie | INDOOR CYCLING 9:15am-10:15am Debbie - 6th, 13th, 20th Colleen - 27th | |
| | BLEND-X 9:30am-10:30am (ON TRACK) Sheila No class on 2nd Labor Day | BARBELL BLAST 10:40am-11:40am Shannon 3rd, 17th Rachel - 10th, 24th | INDOOR CYCLING 10:30am-11:30am Tony | "40" WITH SHANNON (ON TRACK) 9:30am-10:10am | TRX REMIX (ON TRACK) 9:15am-10:15am Rachel S. | INSTRUCTOR'S CHOICE 9:30am-10:30am Sue - 7th (Step & Strength) Carrie - 14th (HIIT) Laura-21st (Barbell Blast) Shannon- 28th (Strength Interval Cardio) |
| | SILVER SNEAKERS CLASSIC 10:30am-11:25am Lucy No class on 2nd Labor Day | CARDIO DRUMMING/ BRAINS & BALANCE (ON TRACK) 10:45am-11:35am Kimm | SILVER SNEAKERS CARDIO CIRCUIT (ON TRACK) 10:30am-11:30am Debbie Lucy - 25th | SILVER SNEAKERS YOGA 10:40am-11:30am Debbie Pat - 26th | SILVER SNEAKERS CARDIO CIRCUIT 10:30am-11:30am Lucy | FUN & FITNESS for KIDS 10:45am-11:30am Lucy/Melissa |
| | SOFT PILATES 11:30am-12:20pm Kathy No class on 2nd Labor Day | SILVER SNEAKERS YOGA 11:50am-12:40pm Debbie Anne 24th | TransformLivebeachbody 11:45am - 12:30pm Courtney G. Staring Sept 11th ***NEW CLASS*** | BELLYFIT FLOW 11:45am-12:45pm Anne ***New Class*** | | |
| | ABS-n-CORE no 2nd 5:05pm-5:25pm POUND no 2nd 5:30pm-6:15pm Kimm | BELLYFIT FLOW 1:00pm-2:00pm Anne ***New Class*** | YOGA 4:15pm - 5:15pm Pat - 4th, 18th Sue - 11th, 25th | | "40" WITH GORDIE (ON TRACK) 4:00pm-4:40pm | Also available on our WEBSITE: cuttingedgegym.com |
| | TRX REMIX (ON TRACK) 5:15pm-6:15pm Rachel S. No class on 2nd Labor Day | "40" WITH GORDIE (ON TRACK) 6:00pm-6:40pm | CHISEL & PUMP 5:30pm-6:30pm Rachel | | | |

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!

BELLYFIT FLOW This class offers a seamless fusion of Yoga inspired poses choreographed with dance and fitness elements designed for WOMEN! Focus is on strength & flexibility. Add incredible soundtrack and you have a unique and powerful class that will uplift and energize. Please bring a Yoga mat.

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.

HIIIT (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.

MUAY THAI A form of close-combat utilizing the entire body as a weapon (Hands, elbows, feet, & knees) A SIX WEEK TRAINING COURSE. Registration required.

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.

RESTORATIVE YOGA This class is intended to open up the muscles while engaging in mind/body connection through longer holds per pose. Provides flexibility in both mind and body.

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.

TRANSFORM LIVE (beach body) This music-driven high intensity cardio conditioning class has reinvented the use of the step platform. Created to enhance balance and agility and maximize your power while getting a total body burn.

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:

Anne - Bellyfit Flow

Carolyn - NETA Indoor Cycling

Carrie - AFAA Personal Training

Colleen - MADD Dogg Spinning

Courtney - Transform Live (Beach Body)

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 - Dance

Laura - Madd Dogg Spinning

Lucy - Silver Sneakers

Melissa - Madd Dogg Spinning

Pat - Ashtangasana Yoga

Rachel - Personal Training, P90X*

Rachel S. - Muay Thai, Tae Kwon Do, Kickboxing, TRX

Shannon - Personal Training

Sheila - ISSA Personal Training

Sue - Madd Dogg Spinning, Yogafit

Tony - Madd Dogg Spinning

Yolanda - Advanced Pilates