




















GROUP EXERCISE SCHEDULE (AUBURN)

STARTING December 1st, 2022

	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 am	 Cycling AnnMarie					 Cycling AnnMarie	
10:00am							 Renata
11:00am		 Danielle		 Sarah		 J Rock	 YOGA Renata
1:00pm						KIDS CAMP AJAI 	KIDS CLASS TOMAS 
5:00 pm	 Tessa						
6:00 pm	 Cycling Ariel	 Bre and Molly <hr/> Wrestling 	 Cycling Reina	 Bre and Molly <hr/> Wrestling 	 Cycling Reina		



7:00 pm	 Danielle	 Nanav	 Quande	 Molly			
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CLASS DESCRIPTIONS:

ZUMBA – DANCE FITNESS CLASS THAT INCORPORATES RHYTHMS FROM ALL OVER THE WORLD TO CREATE A DYNAMIC, EXICTING AND EXHILERATING CARDIO EXPERIENCE.

COMMIT DANCE FITNESS - THIS DYNAMIC, FUN FILLED CLASS CONSIST OF ALL MUSIC GENRES INCORPORATING TRADITIONAL FITNESS MOVEMENTS.

CYCLING – INSTRUCTOR WILL GUIDE YOU AND MOTIVATE YOU THRU THE RIDE INCORPORATING INTERVAL TRAINING FOR A CHALLENGING CARDIO WORKOUT.

BOOTCAMP – INTERVAL TRAINING CLASS THAT COMBINES CARDIO, CALESTHENICS, BODY WEIGHT AND STRENGTH TRAINING DRILLS WITH THE GUIDANCE OF A TRAINER AND THE MOTIVATION OF A GROUP ATHMOSPHERE. THIS CLASS IS GREAT FOR ALL FITNESS LEVELS

WRESTLING – CLASS IS STRUCTURED ON SKILLS AND TECHNIQUE. LEARNING THE FUNDAMENTALS OF WRESTLING. OPEN TO ALL AGES AND SKILL LEVELS.

YOGA – INSTRUCTOR WILL GUIDE YOU THRU A SERIES OF POSES WITH BREATHING AND STRETCHING TO WORK STRENGTH, POSTURE AND BALANCE WHILE CONECTING WITH YOUR MIND AND BODY HELPING REDUCE STRESS AND PROMOTING RELAXATION.

STRONG NATION – HI INTENSITY TEMPO TRAINING SYNCED TO MUSIC. YOU WILL KICK, JUMP, PUNCH AND PLANK YOUR WAY TO A COMPLETE WORKOUT.



***THIS FORMAT IS PERFECT TO CHALLENGE YOUR CARDIO AND MUSCLE
ENDURANCE.***