

# Just Fit Class Schedule

S	M	T	W	T	F	S
Spin 8:55am Lisa	*Reformer 1 6:45am Donna	*TRX & More 6am Amy	Spin 6am Leslie	*TRX & More 6am Amy	*Reformer 2 6:45am Donna	Spin 8am Walter
Just Physique 55 9am Shari	Core Synergy Plus 8am Ximena	Spin (30min) 8:30am Eileen	*Reformer 2 7am Donna	Spin (30min) 8:30am Eileen	Pilates with an Attitude 8am Donna	Advanced Abs (30min) 8:30am Chris
Spin 10am Shari	*Reformer 1 8am Donna	*TRX 9am Eileen	Body Blast 8am Amy	Core Endure (30min) 8:30am Ximena	Hardcore/ Unedited Spin (45min) 8am Cam	*TRX & More 9am Amy
Zumba 10am Lara	Spin 9am Shari	Yoga (90min) 9am Julian	*Reformer 1 8am Donna	*TRX 9am Eileen	Fusion 9am Les	Core & More 9am Chris
	Fusion 9am Les	*Reformer 2 9am Judy	Pilates with an Attitude 9am Donna	Fusion 9am Les	Spin 9am Pam	*Reformer 2 9am Judy
	*Reformer 1 9am Donna	Just Physique 55 10:30am Shari	Core Synergy Plus 10am Ximena	*Reformer 2 9am Judy	Zumba 9am Jessie	Spin 9:05am Eileen/Susan
	Mat Pilates 10am Donna	Spin & Strength 12pm Pam	Silver Sneakers 11am Michele	Silver Sneakers 11:15am Michele	*Reformer 1 9am Judy	*Power Plate Circuit 10am Amy
	Silver Sneakers 11:15am Michele	Abs, Butt & Legs 4:30pm Pam	Mat Pilates 12pm Judy	Spin & Strength 12pm Eileen	Just Physique 55 10:15am Shari	Hatha Yoga (90min) 10am Kathryn
	*Just Kidz PE 4:30pm Eileen	*Functionally Fit 5:30pm Amy	*Just Kidz PE 4:30pm Edgar	Abs & Upper 4:30pm Ximena	Silver Sneakers Yoga 11:30am Michele	*Reformer 1 10am Judy
	*Reformer 2 4:30pm Judy	Zumba 5:30pm Mayra	*Functionally Fit 5:30pm Amy	*Power Plate Circuit 5:30pm Amy		Spin 10:10am Shari
	Just Chris 5:30pm Chris	Boot Camp 6:30pm Guy	*Pilates Jump Board 5:30pm Judy	Zumba 5:30pm Penelope		
	*Reformer 1 5:30pm Judy	Spin 6:30pm Susan & Lynn	Power Rounds 6:15pm Jill	*Reformer 1 5:30pm Judy		
	Spin 6pm Walter	Kripalu Yoga (90min) 7:30pm Danielle	*Reformer 1 5:30pm Judy	Mat Pilates 6:30pm Judy		
	Mat Pilates 6:30pm Judy		Spin 6:30pm Maria	Spin 6:30pm Lisette		
	*Reformer 3 6:30pm Jen		*Reformer 3 6:30pm Jen	Hatha Yoga (90min) 7:30pm Kathryn		
	*Pole Fitness 7:30pm Carla		*Pole Fitness 7:30pm Carla			

Hours: Mon-Fri 4:30am-10pm, Sat & Sun 7am-6pm

Child Care Hours: Mon-Fri 8:30am-1pm, Mon-Thurs 4pm-7pm, Friday Evenings 4pm-7pm, Sat & Sun 8am-1pm

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# Menu Of Classes

**Advanced Abs** Designed to work your midsection to the max! Traditional core exercises, as well as core stabilization techniques will be used all while throwing in a few extras to get ultimate results!

**Body Blast** Circuit style class including cardio kickboxing and total body sculpting.

**Boot Camp** 60-minute high intensity, military style workout, customized for the average person.

**Core Synergy Plus** Full body toning and sculpting with an emphasis on the core, incorporating a variety of lightweights, bands and steps.

**Fusion** A "unifying" class for your whole body merging a diverse combination of exercise disciplines to help you reach your fitness goals.

**Hatha Yoga (90min)** Introduction to basic breathing techniques and posing necessary to achieve grace, beauty and balance.

**Just Chris** One hour of strength training designed and taught by our own personal trainer, Chris. You never know what to expect... Just Chris!

**Just Physique 55** Total bodywork combining Pilates, yoga and weight training for 55 minutes.

**Kripalu Yoga (90min)** Yoga with a focus on alignment, breathing, & consciousness. Practice holding postures along with meditation.

**Mat Pilates** A series of exercises performed on a mat, based on a regimen designed by Joseph Pilates.

**Pilates with an Attitude** All the power of your core plus cardio, strength training and flexibility.

**Power Rounds** Two to Three "rounds" of intense calorie burning and strength training stations. Total body workout combined with cardio guaranteeing to leave you sweating and satisfied.

**Zumba** A fusion of Latin and International music, dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

**Spin** 60 minute cycling class taught by certified Johnny G instructors. High-energy music videos are used to help you get in the zone. Towel & water is required. Sign up at front desk 72 hours in advance. Cancel: 2 hours prior to class beginning to avoid a non-cancellation fee.

**Spin & Strength** 40-minute Spin class with an additional 20 minutes of upper body strength and core work.

**Silver Sneakers** Intervals of low impact aerobics and weight training using a variety of bands, balls, and lightweights designed to improve muscular strength and range of motion.

## \*Semi-Private Training

(Additional fees and sign up are required, 24 hour cancellation prior to class beginning)

\***TRX & More** Suspension training designed by a Navy Seal; total body workout using your own body weight.

\***Functionally Fit** Fast paced circuit class combining multifaceted exercises to help you perform every day functions.

\***Power Plate Circuit** Fast paced total body workout incorporating the NASA designed Power Plate. Combines new technology with total body sculpt.

\***Pole Fitness** Teaches the basic fundamentals of Pole Fitness, a fun way to get in your cardio and core work.

## \*Pilates Reformer Training

(Additional fees and sign up are required, 24 hour cancellation prior to class beginning)

\***Reformer 1** Beginner. A Class for those new to Pilates, teaches you basic moves on the reformer.

\***Reformer 2** Intermediate. Beginners and intermediate are both welcome to take this class, must have basic knowledge of Pilates Reformer.

\***Reformer 3** Advanced. Designed for those with experience on the reformer. Instructor approval required.

\***Jump Board** Intermediate. Enhance your leg strength and create definition during this cardio workout on the reformer doing plyometric jumps with resistance. Must have basic Pilates Reformer experience.

Just Fit Gym

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