

CLUB4FITNESS HERNANDO GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM LES MILLS BODYPUMP Kacy	5:00 AM SPIN 45 Cindy	5:00 AM LES MILLS BODYCOMBAT Jamie	5:00 AM LES MILLS BODYPUMP Amy	5:00 AM SPIN 45 Cindy	8:15 AM SPIN Express Erin
8:15 AM LES MILLS GRIT Lauren	5:00 AM LES MILLS GRIT Ashley	8:15 AM LES MILLS GRIT Amy	7:45 AM SPIN 45 Laurie	8:15 AM LES MILLS BODYATTACK Amy	9:00 AM LES MILLS BODYPUMP Erin/Ashley
8:45 AM LES MILLS BODYCOMBAT Jamie	8:00 AM Spin Express Lauren	8:45 AM STEP EXPRESS Christy	8:30 AM LES MILLS BODYPUMP Christy	9:00 AM LES MILLS CXWORX Brie	
9:35 AM YOGA Laura	8:30 AM LES MILLS BODYPUMP Christy	9:35 AM YOGA Stacey	5:00 PM LES MILLS GRIT Ashley	9:35 AM YOGA Laura	
4:45 PM LES MILLS CXWORX Ashley/Erin	5:30 PM LES MILLS GRIT Erin	5:00 PM LES MILLS BODYCOMBAT Ashley/Erin	5:35 PM SPIN 45 Cindy		
5:15 PM LES MILLS BODYATTACK Ashley	6:05 PM ZUMBA/Pound Emily	6:00 PM Buti Yoga Emery	5:35 PM LES MILLS CXWORX Minerva		
6:05 PM LES MILLS BODYPUMP Ashley/Erin	6:05 PM SPIN Express Erin		6:05 PM YOGA Laurie		
					SUNDAY
					2:15 PM 2nd-Zumba/Minerva 9th- Grit/Lauren 16th- Attack and Combat Mix /Ashley 23rd- Pound/Jamie 30th- Grit/Amy
					3:00 PM 2nd-Off the Barre/ Minerva 9th- Piyo/Minerva 16th- Heated Yoga/ Stacey 23rd- Heated Yoga/ Erin 30th- Heated Yoga/ Laurie

JUNE 2019

CLASS DESCRIPTIONS

LES MILLS BODYPUMP - is a barbell workout for anyone looking to get lean, tone & fit-fast. Using light to moderate weights with lots of repetition gives you a total body workout. Scientifically proven move & techniques with encouragement, safety, motivation & great music. 540

LES MILLS BODYCOMBAT - is a high energy Mix Martial Arts inspired workout that is non-contact that will get you fit fast and feeling strong. Kicking and punching your way into fitness while burning calories & releasing stress. 740

LES MILLS BODYATTACK - is a sports-inspired cardio workout for building strength & stamina. This high energy interval training class combines athletic aerobic movements with strength & stabilization exercises. 730

LES MILLS CXWORX - is a 30 min workout exercising the muscles around the core making a stronger body for everyday life to your favorite sport. Using resistance tubes, weight plates as well as body weight exercises to tone the waistline and build a stronger core while toning glutes, hips and lower back.

HIIT (High-Intensity Interval Training)

LES MILLS GRIT | STRENGTH - is a 30 min HIIT workout, designed to improve strength, cardiovascular fitness & build lean muscle. Using a barbell, weight plate & bodyweight exercises to blast all major muscle groups, it combines cutting-edge HIIT with powerful music & inspiration from coaches that motivate you to go harder.

LES MILLS GRIT | CARDIO - is a 30 min HIIT workout that improves cardiovascular fitness, increases speed & maximizes calorie burn. Using a variety of body weight exercises it provides challenges and intensity, while combining powerful music with inspirational coaches to motivating you to go harder and get fit fast.

LES MILLS GRIT | ATHLETIC - is a 30 min HIIT sports conditioning workout, designed to make you perform like an athlete. Using a step, bodyweight exercises and multi-dimensional sports condition training to increase your overall athletic performance: strength, agility, speed & power. It takes cutting-edge HIIT training with powerful music and inspirational coaching.

VARIETY CLASSES

BUTI YOGA - Buti Yoga - A soulful blend of Vinyasa and Kundalini Yoga, Cardio– intensive tribal dance, and plyometric strength conditioning.

HEATED YOGA - Heated class with invigorating active flows. This class focuses on mind and body awareness and alignment while combining strength, balance and flexibility.

OFF THE BARRE - Isometric strength training. Small movements, usually more reps. Great for toning, strength, balance, weight loss, stress relief and flexibility.

PIYO - Piyo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility benefits of yoga. It's a true fat-burning, low-impact program.

SPIN – Jump on a bike and ride to the driving beats that will improve your cardio endurance and muscular strength. This low impact/high intensity workout will leave you drenched in sweat yet inspired to come back for more.

STEP – A great cardio option that takes back old school, but with fresh new moves and music

ZUMBA – Ditch the workout and join the party! This fun, easy to follow dance class combines high energy and motivating music. Unique moves and combinations to create a workout but make you feel like you are partying on the dance floor!