



SCHEDULE OF CLASSES

Updated: 06/01/18

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15– 9:00 AM							
9:00 – 10:00 AM	* STRAPPED STRENGTH w/ Ionia	ZUMBA w/ Zorana	ZUMBA w/Ambrosio	ZUMBA w/ Ionia	ZUMBA w/ Ambrosio		* STRAPPED STRENGTH and YOGA w/ Lori
10:00 – 11:00 AM	ZUMBA w/ Jessica	ZUMBA GOLD TONING (Low Impact) w/ Ionia	BODY BEAT YOGA w/ Ionia	* RESTORATIVE YOGA w/ Ionia		ZUMBA w/ Ionia	ZUMBA w/ Ionia
11:00 – 12:00 PM							AFROBEATS w/ Jessica & Zorana (3rd Sat of Month)
Other Times						KIDS SHOTOKAN KARATE @ 3 PM	
4:30 – 5:30 PM							
5:30 – 6:30 PM		ZUMBA with ZUMBA TONING w/ Ionia	ZUMBA w/ Zorana	ZUMBA with ZUMBA TONING w/ Ionia	FREE ZUMBA w/ Elixio & Zorana (Free for all students!)	* BOOTY BLAST with ABS/CORE w/ Ionia	
6:30 – 7:30 PM		* U-JAM Fitness w/ Sarah	* BOOTY BLAST w/ ABS/CORE w/ Ionia	* CARDIO KICKBOXING w/ Johnny	* POWER KICKBOXING with ABS & CORE w/ Tony	* ADDICTIVE DANCE - Dance and Pop w/ Sarah	
7:30 – 8:30 PM		ZUMBA w/ Jorge	ZUMBA w/ Johnny	ZUMBA w/ Jorge	ZUMBA w/ Ionia		
8:30 – 9:30 PM							

* Specialty Classes (Addictive Dance, U-Jam, etc.) are not included in the Unlimited Zumba Membership. Upgrade to Ultimate Unlimited to take advantage of our full schedule of classes. Unless otherwise noted, all of our classes are open to ALL fitness levels.

Class Schedule, Pricing and Instructors are subject to change without notice.

ZUMBA® FITNESS CLASSES

Zumba Fitness: Zumba Fitness is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a “fitness-party” that is downright addictive.

Zumba Gold Fitness (Low-Impact): This class takes all the calorie-burning fun of our regular Zumba classes and modifies the moves and pacing to suit the needs those recovering from injury, starting their journey to a fit and healthy lifestyle, active older participants or anyone who needs a workout with less of an impact on their joints.

Zumba Toning and Zumba Gold Toning: Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves. Students learn how to use lightweight Toning Sticks to enhance rhythm and tone all their target zones. Zumba Toning is the perfect way to sculpt your body naturally while having a total blast. Try the low-impact version, Zumba Gold Toning.

STRONG by Zumba : STRONG by Zumba combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. Bring yoga mat and towel.

SPECIALTY CLASSES

* **ADDICTIVE DANCE:** Move and groove to heart pumping Hip-hop, R&B, Funk, Urban Dance and various styles of music. You will leave class drenched and craving more of this dance style fitness class!

* **AFROBEATS and DANCEHALL:** Dance to the rhythms of West Africa and irie sounds of Jamaican in this amazing heart pumping and fun dance class.

* **BODY BEAT YOGA:** “Yoga” means union. Yoga is a practice of harmonizing the breath with the body through different yoga poses. By the end of each class you will feel refreshed, restored, and renewed as you move to the beat of the music. Bring a yoga mat and towel. (Blocks and straps optional)

* **BOOTY BLAST:** We are going to BLAST those GLUTES, ABS and ARMS into shape. This class is high energy dance and fitness. Bring some hand weights: beginners (2 lb. or 3 lb.) or advanced (5 lb. or 8 lb.), depending on your ability. Bring a mat for core work and floor stretches. BRING YOUR ENERGY!! You will not want to miss this amazing class!

* **CARDIO KICKBOXING:** This is a high energy class focused on fitness. It combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning, but does not involve physical contact between competitors.

* **HIP HOP DANCE:** Hip-hop dance refers to street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. This class is taught in a traditional style with breakdowns of the choreography. Ages 10 years and up.

* **POWER KICKBOXING with ABS & CORE:** This high energy class is a fusion of kickboxing in both Muay Thai and Kenpo style moves. It combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning, and does not involve physical contact between competitors. Students should bring gloves to work the bags, and a yoga mat for floor work to hit abs and glutes. Bring lightly weighted gloves for an extra kick!

* **RESTORATIVE YOGA:** Restorative yoga is a slower practice which uses props to reduce strain and tension in each pose. The class focuses on the breath and will renew, restore, and nourishing your body and mind leaving you in the ultimate state of relaxation. Restorative yoga is an antidote for stress, anxiety, fatigue, fast pace life styles, depression, and some injuries. Please bring your own blankets and mat. Yoga straps, blocks, and bolsters are needed as well.

* **STRAPPED STRENGTH: Strength•Balance•Flexibility:** Strapped Resistance is strength training that uses a system of ropes and webbing called a “suspension trainer” to allow the user to work against their own body weight. You will develop core body strength, as well as joint and muscular stability. Bring a yoga mat, water and towel.

* **STRAPPED YOGA: Strength•Balance•Flexibility:** Strapped Yoga is yoga training that uses a system of ropes and webbing called a “suspension trainer” to allow the user to work into deep stretches, build strength and increase mobility. You will develop core body strength, and improve joint and muscular stability. Bring a yoga mat, water and towel.

* **U-JAM:** U-JAM Fitness is an athletic hip hop dance fitness workout that combines easy to learn steps and high energy for a workout that will get your heart rate up, your body moving, and make you work up a sweat in no time—all while having a blast!

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