

# SUMMER SLAM SPECIAL

GROUP FITNESS THEME CLASSES

AUGUST 2018



MONDAY

## PILATES PRINCIPLES

Aug 6, 13, 20, 27  
5:30 p.m.  
Maria (LG)

## SPINNING

(Backstreet Boys vs. NSYNC)  
Aug 6  
6:00 p.m.  
Melanie (SS)

## G FORCE MANIA

Aug 6, 13, 20, 27  
6:15 p.m.  
George (LG)

## THE BARRE SLIDE

Aug 6, 20  
7:15 p.m.  
Jenn (YB)



TUESDAY

## A-Z WORKOUT

Aug 7, 14, 21, 28  
12:30 p.m.  
Maria (LG)

## BAND CAMP

Aug 7, 14  
5:00 p.m.  
Maria (YB)

## A-Z WORKOUT

Aug 21, 28  
5:00 p.m.  
Maria (LG)

## BOOTYFIREBARRE

Aug 7, 14, 21, 28  
5:45 p.m.  
Maria (YB)

## SPINNING

Aug 7 (90's hits)  
Aug 21 (Early 2000's hits)  
7:15 p.m.  
Lucy (SS)



WEDNESDAY

## PILATES IN MOTION

Aug 1, 8, 15, 22, 29  
8:15 a.m.  
Angela (LG)

## PILATES/BARRE TECHNIQUE

Aug 1, 8, 15, 22, 29  
12:45 p.m.  
Maria (YB)

## YOGA

Aug 1 (Twist & Unwind)  
Aug 22 (Open your Heart)  
Aug 29 (Hips & Hammies)  
5:30 p.m.  
Casey (YB)

## JAB, CROSS, STEP

Aug 1, 8, 15, 22, 29  
5:45 p.m.  
George (LG)

## SPINNING

Aug 8 (HIIT and Hills)  
Aug 15 (Diva Ride)  
5:45 p.m.  
Angela (SS)



THROWBACK THURSDAY

## PILATES BARRE FUSION

Aug 9, 16, 23, 30  
8:15 a.m.  
Angela (YB)

## STRENGTH BURN

Aug 9, 16, 23, 30  
5:00 p.m.  
Maria (LG)

## CARDIO BURN

Aug 9, 16, 23, 30  
5:30 p.m.  
Maria (LG)

## SPINNING

Aug 9 (Throwback Ride)  
Aug 16 (Boy Band Ride)  
6:00 p.m.  
Brittany (SS)

## BOOTYFIREBARRE

Aug 9, 16, 23, 30  
6:00 p.m.  
Tyra (YB)

## STEP TO THE BEAT

Aug 9, 16, 23, 30  
6:30 p.m.  
Kim (LG)

## BODYPUMP THROWBACKS

Aug 9, 16, 23, 30  
7:00 p.m.  
Kim (LG)



FRIDAY

## AQUA STRONG

Aug 3, 10, 17, 24  
10:00 a.m.  
Shubha (P)

## SPIN & SLIDE

Aug 3, 10, 17, 24  
12:30 p.m.  
Angela (SS)



SATURDAY

## SPINNING

Aug 4  
(Beats, Bi's and Tri's)  
Aug 11  
(Sprinting Back in Time)  
Aug 18

(Boy Bands vs. Girl Bands)  
9:30 a.m.  
Jenn (SS)

## BARRE & BELLS

Aug 11, 18, 25  
10:30 a.m.  
Maria (YB)



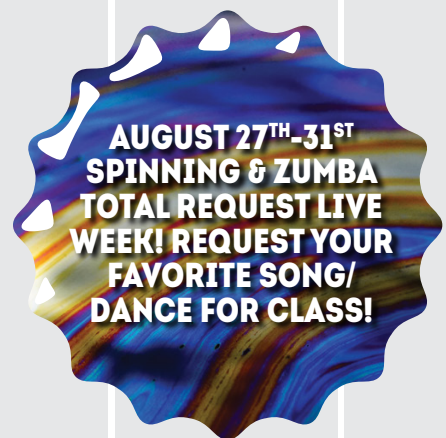
SUNDAY

## ZUMBA DANCE PARTY

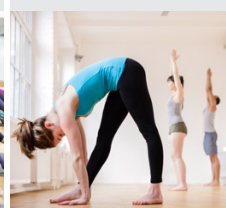
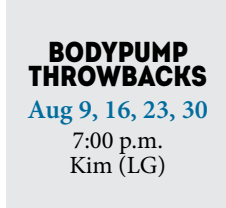
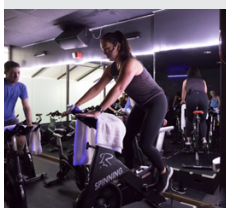
Aug 5, 12, 19, 26  
9:00 a.m.  
Liz (LG)

## FLEXIBLE FLOWS

Aug 5, 12, 19, 26  
10:45 a.m.  
Sara (YB)



AUGUST 27<sup>TH</sup>-31<sup>ST</sup>  
SPINNING & ZUMBA  
TOTAL REQUEST LIVE  
WEEK! REQUEST YOUR  
FAVORITE SONG/  
DANCE FOR CLASS!



SIGN UP FOR CLASSES ONLINE

(LG) LARGE STUDIO

(SS) SPINNING STUDIO

(YB) THE YOGA BARRE