

Courts Plus Outdoor Group Exercise Schedule October 5 – October 17

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6am- HIIT <i>Tamara</i>	6am- BodyStrength <i>Tamara</i>	7am - BodyCombat <i>Kile</i>		8:30 am– BodyPump <i>Kile</i>
8:30am – Insanity <i>Shelbie</i>				8:30am – Insanity <i>Shelbie</i>	8:30 am – Zumba <i>Lucy</i>
5:30pm – Zumba <i>Lucy</i>	5:30pm –BodyPump <i>Jennifer/Neda</i>	5:30 pm- BodyPump <i>Jennifer</i>	5:30pm- BodyStrength <i>Tamara</i>	5pm-BodyCombat <i>Tony</i>	

****Please bring a mat and water to class (Zumba does not require a mat)**

BodyCombat: The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by marital arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Tai. Strike, kick, punch and kata your way through calories to superior cardio fitness.

BodyPump: The original barbell class that strengthens your entire body. BodyPump challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls to get you results fast!

BodyStrength: Create a strong, lean and toned body with the most important piece of equipment you own...your own body!

HIIT: High Intensity Interval Training is mixing bursts of intense work followed by recovery periods. Scorch calories and watch your cardio endurance soar! This class will take your fitness to the next level and leave you feeling stronger.

Insanity: A cardio based total body conditioning program that allows a person to beat the body's natural response of getting used to exercising at one level of exertion, pushing participants to new heights, resulting in more calories burned, faster results and a more efficient metabolism.

Yoga: A relaxing and non-impact class that will leave you feeling exhilarated. The regular practice of Yoga can restore and enhance strength, flexibility and balance to your mind and body.

Zumba: This class incorporates Latin and international rhythm's along with dance steps like salsa, merengue, cha cha and samba in a class that is fun and easy to do.