

## CYCLE CLASSES

## YOGA CLASSES

## GROUP EXERCISE CLASS SCHEDULE - ALSO ON APP

EFFECTIVE 01.29.18

	M	T	W	TH	F	S	SN
6:00 A	SMASH	SMASH	SMASH	SMASH	SMASH		
7:00 A	CKWORX VIRTUAL	<b>NEW</b> VINYASA YOGA MELISSA O.	RPM VIRTUAL	<b>NEW</b> VINYASA YOGA MELISSA O.	OPEN VIRTUAL		
8:00 A	CYCLE KRIS W.	<b>NEW</b> HIIT 360 CIRCUIT JOSE D.	CYCLE KRIS W.	<b>NEW</b> HIIT 360 CIRCUIT JOSE D.	CORE & BOOTY TAYLOR T.	CYCLE AMBITION P.	
9:00 A	VINYASA YOGA AMY J.	<b>NEW</b> YOGA CORE + RESTORE BENJAMIN M.	VINYASA YOGA BRITTANY L.	<b>NEW</b> YOGA CORE + RESTORE BENJAMIN M.	VINYASA YOGA MELISSA O.	VINYASA YOGA AMY J.	
	LES MILLS BODYPUMP KRIS W.	OPEN VIRTUAL	LES MILLS BODYPUMP KRIS W.	CKWORX VIRTUAL	TREAD JOSE D.	ZUMBA JANEEN S.	
	SMASH	SMASH	SMASH	SMASH	SMASH		
10:00 A	OPEN VIRTUAL	OPEN VIRTUAL	RPM VIRTUAL	OPEN VIRTUAL	RPM VIRTUAL	<b>NEW</b> SMASH	
11:00 A	BODYCOMBAT VIRTUAL	CLASSIC SILVER SNEAKERS JACKIE M.	SH'BAM VIRTUAL	OPEN VIRTUAL	BODYCOMBAT VIRTUAL	CKWORX VIRTUAL	CKWORX VIRTUAL
NOON	CKWORX VIRTUAL	RPM VIRTUAL	CARDIOFIT SILVER SNEAKERS BRITTANY B.	CIRCUIT SILVER SNEAKERS BRITTANY B.	CKWORX VIRTUAL	RPM VIRTUAL	VINYASA YOGA MELISSA O.
6:00 P	LES MILLS BODYPUMP CARMINA R.	BOOT CAMP TAYLOR T.	LES MILLS BODYPUMP CARMINA R.	BOOT CAMP TAYLOR T.	ZUMBA CARMINA R.		
		VINYASA YOGA BRITTANY L.	OPEN VIRTUAL	VINYASA YOGA MELISSA O.	<b>NEW</b> VINYASA YOGA BRITTANY L.		
	CYCLE BRITTANY B.	CYCLE CARMINA R.	CYCLE TAYLOR T.				
7:00 P	SMASH	SMASH	SMASH	SMASH	SMASH		
	CYCLE MALYNDA L.	LES MILLS BODYPUMP BRITTANY B.	CYCLE MALYNDA L.	CYCLE BRITTANY B.	RPM VIRTUAL		
	ZUMBA CARMINA R.	TREAD MALYNDA L.	WERQ MEGHAN M.	TREAD DEMAR G.	BODYCOMBAT VIRTUAL		
8:00 P	SMASH	SMASH	SMASH	SMASH	SMASH		
	BOXING DEMAR G.	OPEN VIRTUAL		OPEN VIRTUAL			
	<b>NEW</b> VINYASA YOGA BRITTANY L.	ZUMBA AURA H.	<b>NEW</b> VINYASA YOGA RACHEL G.	ZUMBA CARMINA R.			
9:00 P	CORE WORKS MALYNDA L. :25 CLASS	KICKBOXING DEMAR G.	BOOTY WORKS JOSE D. :25 CLASS	KICKBOXING NESS V.			
	KICKBOXING SHIN H.		KICKBOXING SHIN H.				
9:00 P	CKWORX VIRTUAL	RPM VIRTUAL	CKWORX VIRTUAL	RPM VIRTUAL	CKWORX VIRTUAL		

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Note: Classes are subject to change or cancellation at any time. Classes are 50 minutes, except Yoga classes which are determined by Instructor. Management reserves the right to reschedule or cancel classes if an Instructor is unavailable or absent. ©2018 Coast Fitness. All Rights Reserved.

Rev. 01.25.18

# GROUP EXERCISE CLASS DESCRIPTIONS

## Mixed Martial Arts Classes

**BOXING** – Learn techniques, movements and skills designed to help strengthen your whole body with intense cardio and strength conditioning exercises in a fun, yet highly effective workout class. **(16oz Boxing Gloves and Mouth Guard are required)**

**KICKBOXING** - The techniques taught in kickboxing include punches, kicks, elbows and knee strikes as well as blocks and sweeps from the standing position and clinch. **(Mouth Guard, 16oz Boxing Gloves and Shin Guards are required)**

## Mind Body Classes

**VINYASA YOGA (HOT/ HEATED)** - This Yoga class blends elements of the meditative and detoxifying qualities of the of the Hot Yoga series with the intensity of Vinyasa Yoga. Classes will be hot at 100°+ F, heated at 94°F, as shown on the schedule. **(YOGA MAT REQUIRED)**

**VINYASA YOGA** - Suitable for all yogis. This dynamic Vinyasa Yoga class features some intense flows and advanced arm balances and inversions, but offers plenty of options for the new yogis to improve their skills, posture and balance. Classes will be taught at room temperature. **(YOGA MAT REQUIRED)**

**YOGA CORE + RESTORE** - This class is a balance of stability and mobility. With both static and dynamic movements, we focus on developing functional core strength as well as opening joint ranges of motion. This class is perfect for people of all athletic levels and is sure to leave you feeling grounded and open! **(YOGA MAT REQUIRED)**

## SILVERSNEAKERS CLASSES

**SILVERSNEAKERS® CARDIOFIT** – Designed for active adults who desire a safe and effective low-impact cardiovascular workout. Energizing and easy-to-follow movements promote heart-healthy, total-body conditioning to increase cardiovascular and muscular endurance.

**SILVERSNEAKERS® CIRCUIT** - Increase your cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength work with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises.

**SILVERSNEAKERS® CLASSIC** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activities for daily living. A chair is available if needed for seated or standing support. Exercises are tailored to individual abilities and needs.

## STRENGTH AND CONDITIONING CLASSES

**BOOT CAMP** - This class incorporates full body dynamic movements to push your limits using dumbbells, varied intervals and multi-directional movements which help develop more cardiovascular conditioning and functional strength. You never repeat the same workout twice, which keeps your body challenged and in full fat burning mode, incinerating calories and sculpting the ultimate you.

**BOOTY WORKS (25 MINUTES)** - A butt building workshop designed to teach you all the exercises you need to know to grow your assets, while delivering a high quality workout. Using dumbbells, bands and bodyweight, this class is sure to deliver results!

**CORE WORKS (25 MINUTES)** - Come and challenge every muscle in your body with this high tension Pilate's style workout that will tone and shape your muscles from your core to your shoulders in 25 minutes.

**CORE & BOOTY** - A core strengthening and booty building class designed to teach you all the exercises you need to know to tone your legs and core. Using a combination of barbells, dumbbells, bands and body weight, this circuit style class is sure to deliver results.

**CYCLE** - An indoor cycling workout where you ride to the rhythm of powerful music while you take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training.

**LES MILLS BODY PUMP** - For anyone looking to get lean, toned and fit – fast. Endurance weightlifting using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.

**HIIT 360 CIRCUIT** - Combines a variety of exercises and training tools in one efficient space, so you never get bored. You're able to target specific training goals, such as stamina, strength, flexibility and speed through a full body circuit.

**TREAD** - Treadmill class incorporates hill climbs, sprints, distance, body weight strength training and endurance challenges. Take your cardiovascular conditioning up a notch with this interval driven approach.

**WERQ** - WERQ is a wildly addictive and fiercely fun dance fitness class based on the hottest pop, hip-hop and rock music that we know and love today. Accessible to every level student.

**ZUMBA** - Zumba incorporates many different styles of Latin dances including salsa, merengue, cumbia, puya, and calypso to keep you moving easily through each class. Each class allows anyone and everyone to have fun while dancing and exercising, burning calories as you enjoy the Latin rhythms.

## VIRTUAL CLASSES

**VIRTUAL BODYCOMBAT** - Step into a BODYCOMBAT workout. Punch and kick your way to better fitness, burning up to 740 calories along the way. This high-energy martial arts inspired workout is totally non-contact and easy to master.

**VIRTUAL CXWORX** - Exercising muscles around the core, CXWORKS™ creates a stronger body/cure and makes you better at all things you do. From everyday life to your favorite sports, CXWORX is challenging but achievable for everyone!

**VIRTUAL CYCLING** - RPM™ is a group indoor cycling workout where you control the intensity. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. It's a journey, not a race!

**VIRTUAL SH'BAM** - A fun-loving insanely addictive dance workout. SH'BAM is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile to forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

## PARTNER TRAINING



Partner Training offers personalized programming from a Certified Personal Trainer. Sharing common goals with others not only works to keep both of you motivated, but also allows you to progress faster while saving money! Fitness can be more fun and rewarding with a friend by your side!

**SEE ANY TRAINER OR MEMBER ADVISOR**

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