

# ATC FITNESS - GROUP EXERCISE SCHEDULE - 6 MILE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
800AM	BODY ATTACK MAIN RM KAREN S.			800AM	BODY ATTACK MAIN RM KAREN S.			800AM	BODY ATTACK MAIN RM KAREN S.			800AM	BODY COMBAT MAIN RM KAREN S.
900AM	CARDIO CORE MAIN RM KAREN S.	900AM	BARBELL PLUS MAIN RM RONEE	900AM	STEP STRNGTH MAIN RM KAREN S.	900AM	STEP & SCULPT MAIN RM IVY	900AM	BALL-ISTIC MAIN RM KAREN S.	900AM	BUTTS & GUTTS MAIN RM IVY	900AM	BODY PUMP MAIN RM KAREN S.
900AM	CYCLE 45 CYCLE RM IVY	900AM	CYCLE 45 CYCLE RM IVY	900AM	CYCLE 45 CYCLE RM ALLYSON	900AM	CYCLE 45 CYCLE RM ALLYSON	900AM	CYCLE 45 CYCLE RM DONNA	1000AM	CYCLE 45 CYCLE RM IVY		
1000AM	CARDIO DANCE MAIN RM IVY	1000AM	YOGA MAIN RM RONEE	1000AM	BODY PUMP MAIN RM KAREN S.	1000AM	BUTTS & GUTTS MAIN RM IVY	1000AM	BODY COMBAT MAIN RM KAREN S.	1000AM	ZUMBA MAIN RM CELESTE	1000AM	BODY FLOW MAIN RM KAREN S.
1100AM	TAI CHI STRETCH MAIN RM IVY	1115AM	CARDIO CIRCUIT MAIN RM KAREN S.	1100AM	BODY COMBAT MAIN RM KAREN S.	1115AM	CARDIO CIRCUIT MAIN RM KAREN S.	1100AM	BODY PUMP MAIN RM KAREN S.	1100AM	YOGA MAIN RM RONEE	1100AM	BODY ATTACK MAIN RM KAREN S.
12PM	SILVER SNEAK MAIN RM CYNTHIA	12PM	BODY PUMP MAIN RM KAREN S.	12PM	SILVER SNEAK MAIN RM CYNTHIA	12PM	BODY PUMP MAIN RM KAREN S.	12PM	SILVER SNEAK MAIN RM CYNTHIA				
		530PM	CYCLE 45 CYCLE RM EDMUNDO			530PM	CYCLE 45 CYCLE RM CANDI			(ALL CLASSES ARE APPROX. 50 MIN)			
530PM	BODY COMBAT MAIN RM KAREN S.	530PM	BODY FLOW MAIN RM KAREN S.	530PM	BODY PUMP MAIN RM KAREN S.	530PM	BODY FLOW MAIN RM KAREN S.	530PM	BURN MAIN RM JUSTIN				
630PM	ZUMBA MAIN RM MIRASOL	630PM	ZUMBA MAIN RM SABINE	630PM	ZUMBA TONE MAIN RM MIAH	630PM	ZUMBA MAIN RM MIAH	630PM	ZUMBA MAIN RM JUSTIN				

**ROOM COLOR KEY:**  
 RED = CYCLE ROOM  
 BLUE = MAIN GEX ROOM

**CLASS SIGN-UP REQUIREMENTS:**

- ALL PARTICIPATION IS "FIRST COME, FIRST SERVE".
- MAX CLASS SIZE MAY VARY DUE TO TYPE OF CLASS.
- PLEASE ARRIVE EARLY IF POSSIBLE.
- IF YOU ARE NEW TO ANY CLASS PLEASE ALERT THE INSTRUCTOR PRIOR TO CLASS STARTING.



**SCHEDULE REVISED,  
EFFECTIVE JAN 16**

**GEX CLASS DESCRIPTIONS:**

**BALL-ISTIC** - MEDIUM INTENSITY CLASS THAT WORKS YOUR CORE, MUSCLE STRENGTH, BALANCE, AND AGILITY BY UTILIZING STABILITY BALLS, PILATES BALLS, BOSU BALLS PLUS RESISTANCE WORK WITH BANDS & WEIGHTS. GREAT FOR NOVICE TO ADVANCED...COME HAVE A "BALL" IN THIS CLASS!

**BARBELL** - SEE BARBELL PLUS DESCRIPTION AND REMOVE THE CARDIOVASCULAR ELEMENTS OF THE WORKOUT FOR A GREAT FULL BODY MUSCLE TONING CLASS.

**BARBELL PLUS** - LIGHT TO MODERATE WEIGHT TRAINING COMBINED WITH CARDIOVASCULAR MOVEMENTS FOR AN ALL AROUND FULL BODY WORKOUT.

**BODY ATTACK** (*LES MILLS PROGRAM*) - IS A HIGH ENERGY TOTAL FITNESS CLASS THAT CATERS TO BEGINNERS TO ADVANCED PARTICIPANTS. WE COMBINE ATHLETIC MOVES SUCH AS RUNNING, LUNGING AND JUMPING WITH STRENGTH EXERCISES SUCH AS PUSH-UPS AND SQUATS.

**BODY COMBAT** (*LES MILLS PROGRAM*) - AN EMPOWERING CARDIO WORKOUT WHERE YOU USE MARTIAL ARTS MOVEMENTS WHICH DRAWS FROM A WIDE VARIETY OF STYLES INCLUDING, KARATE, KICKBOXING, BOXING, AS WELL AS OTHER FORMS. THE MUSIC AND MOVEMENTS CHANGE EVERY 12 WEEKS.

**BODY FLOW** (*LES MILLS PROGRAM*) - SEE YOGA DESCRIPTION AND INCLUDE PILATES AND TAI CHI MOVEMENTS TO COMBINE TO GIVE YOU A SOOTHING YET CHALLENGING WORKOUT WITH THESE MOVEMENTS. GREAT TONING AND DEFINITION OF MUSCLE. THE MUSIC AND MOVEMENTS CHANGE EVERY 12 WEEKS.

**BODY PUMP** (*LES MILLS PROGRAM*) - A UNIQUE, FUN, AND RESULT ORIENTED WAY TO INCREASE YOUR STRENGTH & ENDURANCE. THIS HIGH ENERGY CLASS IS SET TO MUSIC AND COREOGRAPHED BARBELL MOVEMENTS DESIGNED TO TIGHTEN & TONE YOUR BODY. THE MUSIC AND MOVEMENTS CHANGE EVERY 12 WEEKS.

**BURN** - TOTAL BODY WORKOUT DESIGNED TO BURN CALORIES THROUGH HIGH INTENSITY MOVEMENTS WITH STEPS, BARBELLS, D-BELLS, BANDS.

**BUTTS & GUTTS** - WEIGHT TRAINING WHICH FOCUSES ON TIGHTENING, TONING, AND BUILDING YOUR LEGS, GLUTES, AND CORE (LOW BACK/ABDOMINALS) BY USING BARBELL, DUMBELL, AND BODYWEIGHT MOVEMENTS.

**CARDIO & CORE** - THIS MID TO HIGH INTENSITY CLASS WORKS YOUR CARDIO SYSTEM FOR MAX CALORIE BURN WHILE INCORPORATING FUNCTIONAL CORE EXERCISES

**CARDIO DANCE** - COMBINATION OF SEVERAL DIFFERENT FORMS OF DANCE INTEGRATED INTO A CREATIVE, FUN, AND HIGH ENERGY CARDIO WORKOUT.

**CYCLE 45** - PROVIDES A 45 MIN FITNESS JOURNEY FOR ALL LEVELS THAT TAKES THE TRAINING PRINCIPLES OF BICYCLE RACING, TO THE INDOORS, AND BLENDS THEM WITH A MIND/MUSCLE CONNECTION PROVIDING AN AEROBIC WORKOUT THAT ENCOURAGES YOU TO FIND THE CHAMPION WITHIN.

**GENTLE STRETCH** - INCORPORATES SIMPLE FLOWING SEQUENCES TO WARM UP THE BODY, AS WELL AS SLOWER PACED MOVEMENTS FOCUSING ON PROPER BODY ALIGNMENT, STRENGTH, BALANCE, AND FLEXIBILITY.

**HIIT/BARRE** - COMBINES THE HIGH INTENSITY INTERVAL TRAINING CARDIO/STRENGTH PHASE WITH A SECTION FOR WORKING TO BUILD LONG, LEAN, AND SCULPTED MUSCLE.

**STEP & SCULPT** - LOW TO MID INTENSITY STEP COMBINATIONS, WITH TONING OF SPECIFIC MUSCLE GROUPS WITH EXERCISES SUCH AS PILATES, BODYWEIGHT, DYNAMIC STRETCHING AND OTHERS - INSTRUCTORS CHOICE.

**STEP STRENGTH** - COMBINES THE BASIC CARDIO MOVEMENTS OF STEP TRAINING TO HELP STRENGTH YOUR CARDIOVASCULAR & MUSCLE STRENGTH & ENDURANCE

**TAI CHI STRETCH** - COMBINES BASIC TO INTERMEDIATE TAI CHI MOVEMENTS/POSES WITH FULL BODY STRETCHING.

**YOGA** - SOUND MIND AND SOUND BODY IS THE MAIN GOAL OF YOGA WORKOUTS. DIFFERENT STRETCHING AND BODYWEIGHT POSES ARE INCLUDED IN YOGA CLASSES. THESE MOVEMENTS COMBINE TO FLOW SEAMLESSLY THROUGH THE WORKOUT IN A DE-STRESSFUL ENVIRONMENT - NAMESTE!

**ZUMBA** - THIS SPECIAL CLASS IS A FUSION OF LATIN & INTERNATIONAL MUSIC-DANCE THEMES CREATING A DYNAMIC, EXCITING, AND EFFECTIVE FITNESS SYSTEM.

**ZUMBA GOLD** - THIS SPECIAL SENIOR BASED OF LATIN & INTERNATIONAL MUSIC-DANCE THEMES CREATING A DYNAMIC, EXCITING, AND EFFECTIVE FITNESS SYSTEM.

**ZUMBA/BLAST** - THIS DYNAMIC CARDIO CLASS WILL CONSIST OF 25 MIN ZUMBA MOVES AND 25 MIN LA BLAST DANCE MOVES FOR AN AWESOME CALORIE BURNER.

**ZUMBA TONE** - THIS CLASS HAS ALL THE MAIN MOVES AND GROOVES OF LATIN DANCE BUT WITH SOME SCULPTING WORK FOR YOUR MUSCLES. GET OUT YOUR TONING STICKS AND GET YOUR FREAK FLAG FLYING.