

Studio X Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am		Matt Pilates <i>Beth</i>		Matt Pilates <i>Beth</i>		
8:30am	Cardio Dance <i>Molly</i>	Cardio Sculpt <i>Stacy</i>	Cardio Dance <i>Molly</i>	Cardio Sculpt <i>Keely</i>		Cardio Mix <i>Keely</i>
9:30am		Zumba <i>Jill</i>	Matt Pilates <i>Molly</i>	Zumba <i>Jill</i>		Zumba <i>Amy</i>
11am			Tai Chi <i>Reza</i>		Tai Chi <i>Reza</i>	
12:10pm	Barre Boot Camp <i>Jill</i>					
5:30pm	Pure Strength <i>Keely</i>	U-Jam <i>Keely</i>	Ultimate Fit <i>Sara</i>	Zumba <i>Amy</i>		

SUNDAY
Total Step- 8:30am <i>Rotation</i>

CLASS DESCRIPTIONS

(Classes are Listed in Alphabetical Order)

Barre Boot Camp

Inspired by ballet, this high intensity barre class targets your arms, core, thighs and booty to help you create a long, lean, dancer's body.

Cardio Dance

Fun, high-energy cardio dance class for all levels of fitness.

Cardio Mix

You'll start your weekend off right as this class whips you into great shape! Get ready to sweat as she mixes it up!

Cardio Sculpt

Burn fat, build muscle, and endurance! Intervals, compound exercises, timed cardio segments plus resistance and core exercises. Add plyometric for maximum calorie burn!

Mat Pilates

This class dramatically improves overall strength, flexibility, balance, core strengthening, spinal elongation, coordination and posture.

Pure Strength

Finally a class dedicated to building strength! This class will incorporate barbells, and/or dumbbells into your weekly workout with a focus of 3-5 min per muscle group. Get an awesome and effective workout in this strength training class.

Tai Chi

An ancient Chinese tradition that is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. For all levels of fitness.

Total Step

An all-step class followed by abs and stretch.

U-JAM

Unites world beats with urban flavor and takes you around the world from Hip-Hop to Bollywood, with an athletic cardio workout that tones your body and leaves you begging for more!

Ultimate Fit

High intensity, fat burning and body strengthening. Walk in! Crawl out!

Zumba

All dance genres including Latin, reggaeton (hip hop), jazz, burlesque, and flamenco all together in one intensive, fun filled cardio hour. Torch calories while having a blast!