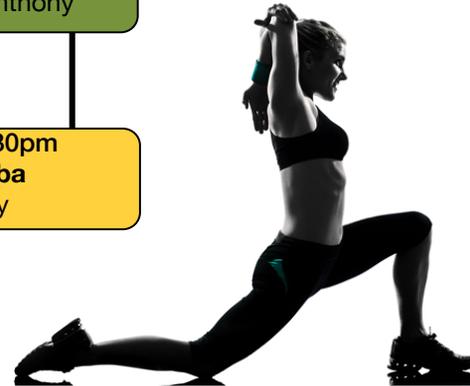


# STUDIO X / CYCLE STUDIO

MON	TUES	WED	THURS	FRI	SAT	SUN
	5-6am Barre Boot Camp Jill		5-6am Barre Boot Camp Jill		8-8:30am Express Cycle Leslee	
	6-7am Body Fit Jill		6-7am Body Fit Jill		8:30-9:30am Ultimate Fit Keely	
8:30-9:30am Cardio Dance Molly	8:30-9:30am Cardio Sculpt Stacy	8:30-9:30am Cardio Dance Molly	8:30-9:30am Cardio Sculpt Stacy		9:30-10:30am Cardio Dance Amy	
	9:30-10:30am Zumba Jill		9:30-10:30am Zumba Jill			
11-12pm Barre Boot Camp Jill	12-1pm Tai Chi 4 Beginners Tom	11-12pm Tai Chi Reza		11-12pm Tai Chi Reza		8:30-9:30am Total Step Rotation
12:15-1pm HIIT Cycle Sandi		12:15-1pm Cycle Express Sandi		12:15-1pm Cycle Express Sandi		
		4:30-5:30pm Barre Fit Sara	1-2pm Zwift Cycle Mark-Anthony			Strength/Cardio
5:30-6:30pm Pure Strength Keely	5:30-6:30pm Cardio Dance Barre Keely	5:30-6:30pm Ultimate Fit Sara	5:30-6:30pm Zumba Amy			Cycle
6:30-7:30pm DJ Cycle Leslee/DJ Rhino						Dance/Cardio

Summer 2022 July-Sept  
8.1.22



# STUDIO X CLASS DESCRIPTIONS

*(Classes are Listed in Alphabetical Order)*

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## **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.

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## **Barre Fit**

This class utilized the barre, is well rounded, and targets all the muscle groups by utilizing small props such as, Gliding™, BenderBall™, tubing, handheld weights, a mat, and your own body as resistance. This non-impact workout focuses on core strength and alignment for the best results ever, giving you a healthy fit body.

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## **Cardio Dance**

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

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## **Cardio Dance Barre**

Fun, high-energy cardio dance class for all levels of fitness while utilizing the ballet barre.

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## **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!

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## **Cycle Express**

A class for all levels of a cyclist. Feel the burn and intensity of a High Sierra ride right here in our cycle studio. Whether you're a seasoned, hardcore rider, or a novice, you'll get your best workout by our expert instructors.

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## **DJ Spin**

Indoor cycling meets nightclub. A loud, intense, rhythmic spin class with DJ Rhino. Unlike any other class we have.

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## **HIIT Cycle**

Designed to give you a well-rounded workout. The big calorie burn of high intensity intervals combined with the high fat burn of cardio.

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## **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.

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## **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.

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## **Total Step**

An all-step class followed by abs and stretch.

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## **Ultimate Fit**

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

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## **Yoga Flows**

Links rhythmic breathing with natural alignment of flowing, sustained postures.

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## **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!

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## **Zwift Cycle**

The focus is to train with Power! Watts per kilogram or WPR.