



2017

June

SOUTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5am BR Zone* Thavun	5am Boot Camp Jaryd	5am BR Zone* Thavun			
6am Boot Camp Jarrell	6am BR Zone* Thavun	6am Boot Camp Jaryd	6am BR Zone* Thavun			
8am Cross Training Haley		8am Cross Training Kristen		8am Cross Training Haley		
9:30am Cross Training Thavun	9:30am Mix It Up Kristen	9:30am Butts & Guts Thavun	9:30am Mix It Up Thavun	9:30am Powerhouse Pilates Kristen	9am BR Zone* Thavun	
	9:45am BR Zone* Nick		9:45am BR Zone* Nick		10am Zumba Julz	
12:45pm BR Zone* Thavun		12:45pm BR Zone* Thavun		12:45pm BR Zone* Thavun		1pm Zumba Jan M
5pm Boot Camp Rob	5pm Body Blaster Michelle		5pm Body Blaster Michelle			
5:30pm BR Zone* Michelle		5:30pm BR Zone* Michelle				
6pm Boot Camp Rob	6pm Zumba Theresa		6pm Zumba Fit Theresa			
7:15pm Yoga Amanda			7:15pm Yoga Brooke			

Classes are subject to change without prior notice.

* Cycle and BRZ classes are included in the Denali membership. See front desk for complete details.



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Zumba - 60 minutes: Come see why Zumba is so popular! This energetic fitness dancing is not only FUN, but also improves cardiorespiratory health. All experience levels can join in on the action.

Cross Training Boot Camp - 60 minutes: Bored with your workout? Before you throw in the towel, try this high-intensity, full-body workout. Using a variety of equipment and body weight exercises, no two workouts are ever the same!

Powerhouse Pilates - 60 minutes: Mat Pilates classes help to stretch and strengthen your muscles, while improving core strength and stability. Your balance and physique will benefit from this class!

Yoga - 60 minutes: Designed to enhance vitality and a sense of well-being, this workout will help participants gain improved flexibility, balance, strength and posture.

Boot Camp - 60 minutes: This adrenaline pumping cardio and strength session incorporates plyometrics coupled with resistance training to boost metabolism, endurance, and overall fitness. All fitness levels welcome!

Mix it Up - 60 minutes: This class will add variety to your regular workout routine. Every week we do a different program, from treadmill work to BOSU balls to body weight circuits. Come "Mix it Up" with us!

BR Zone* - 60 minutes: Get in the zone! BRZ is a high tech class that lets you actually see how hard you're exercising. Take the guess work out of your routine to get maximum results. Enjoy zone life in a fun, team environment!

Body Blaster - 60 minutes: This workout is the total package! Cardio-intense class that works the whole body with body-weight and resistance exercises. All fitness levels welcome.

Zumba Fit- 60 minutes: This class incorporates weights with the Zumba routine. It's a fun twist to strength training!

Butts & Guts - 60 minutes: Come target your toughest areas. Strengthen and sculpt your lower body, while increasing stability and definition in your core.

CLASS DESCRIPTIONS