



2017

# August

EAST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30am <b>Body Blaster</b> Cheslin		8:30am <b>Body Blaster</b> Cheslin		8:30am <b>Body Blaster</b> Cheslin	
	9:30am <b>Mix It Up</b> Chris	9:30am <b>Boot Camp</b> Julian	9:30am <b>Boot Camp</b> Amber	9:30am <b>Boot Camp</b> Julian	9:30am <b>Boot Camp</b> Amber	12pm <b>Boot Camp</b> Ruby
	12:30am <b>BR Zone*</b> Amber			12:30am <b>BR Zone*</b> Amber	12:30pm <b>Cycle*</b> Megan	12:30pm <b>Cycle*</b> Megan
2:30pm <b>Cycle*</b> Megan						1:30pm <b>Butts &amp; Guts</b> Ruby
	5:30pm <b>BR Zone*</b> Chris	5:30pm <b>BR Zone*</b> Thavun	5:30pm <b>BR Zone*</b> Chris	5:30pm <b>BR Zone*</b> Tara		
	6pm <b>Sweat-shop</b> Andre		6pm <b>Boot Camp</b> Julian		6pm <b>Boot Camp</b> Julian	
	6:30pm <b>Zumba</b> Heather	6:30pm <b>Zumba</b> Julz	6:30pm <b>Zumba</b> Heather	6:30pm <b>Zumba</b> Heather		
	7pm <b>Mix It Up</b> Ruby					

Classes are subject to change without prior notice.

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



2017

# August

East

**BRZ\* - 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 workout to get maximum results.

**Boot Camp - 60 minutes:** This adrenaline pumping cardio and strength session incorporates plyometrics coupled with resistance training to boost metabolism, endurance and overall fitness. It's the perfect combination of extreme heart pumping cardio and pure strength training to challenge any fitness level.

**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.

**Cycle\* - 60 minutes:** All levels are welcome for this fun cardio workout. Join us for a group ride! Space is limited, so come early!

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

**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.

**Sweatshop - 60 minutes:** Sweatshop includes a variety of high energy, funky Hip-Hop moves combined with interval strength training and endurance exercises. You'll have a blast!

**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. The class will incorporate basic poses from various Yoga styles. We offer Basic and Intermediate options depending on the individual's skill level. Our Recovery class incorporates movements to aid in the recovery of your worn out muscles!

**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!

## CLASS DESCRIPTIONS