



2017

August

MIDTOWN

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-------------------------------------|--|-------------------------------------|--|-------------------------------|
| 6am Power Pump James <i>30 minutes</i> | 6am Cycle* Kris | 6am Power Pump James <i>30 minutes</i> | 6am Cycle* Kris | 6am Cross Training Boot Camp James <i>30 minutes</i> | |
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| | | | | | 10am Zumba Kimly |
| 12pm Power Lunch Julia | 12pm Power Lunch James | 12pm Power Lunch Julia | 12pm Power Lunch James | 12pm Power Lunch Julia | |
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| 5pm Body Blaster Lena | 5pm R.I.P.P.E.D Kimly | 5pm Body Blaster Lena | 5pm R.I.P.P.E.D Kimly | 5pm Body Blaster Lena | |
| | 5:30pm Yoga April | | 5:30pm Yoga April | | |
| | 6pm Zumba Mary | 6pm Zumba Mary | 6pm Zumba Kimly | | |
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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.

Power Lunch - 30 minutes: A group class that will sculpt, tone and strengthen your entire body. Great bodies aren't born, they are transformed!

Power Pump - 30 minutes: A group class that will sculpt, tone, and strengthen your entire body. Great option for those looking to incorporate more resistance training.

R.I.P.P.E.D - 60 minutes: This total body, high intensity style program, utilizes free weights, resistance work and body weight exercises to masterfully combine the components of RIPPED: Resistance, Intervals, Power, Plyometrics, Endurance and Diet.

Cross Training Boot Camp - 30 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!

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.

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.

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