



2017

# July

MIDTOWN

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

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 - 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!

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

**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.

**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.

**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.

**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.

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