



2017

# July

SOUTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5am <b>BR Zone*</b> Thavun	5am <b>Boot Camp</b> Jaryd	5am <b>BR Zone*</b> Thavun		
6am <b>Boot Camp</b> Jaryd	6am <b>BR Zone*</b> Thavun	6am <b>Boot Camp</b> Jaryd	6am <b>BR Zone*</b> Thavun		
8am <b>Cross Training</b> Haley		8am <b>Cross Training</b> Kristen		8am <b>Cross Training</b> Haley	
9:30am <b>Cross Training</b> Thavun	9:30am <b>Mix It Up</b> Kristen	9:30am <b>Butts &amp; Guts</b> Thavun	9:30am <b>Mix It Up</b> Thavun	9:30am <b>Powerhouse Pilates</b> Kristen	9am <b>BR Zone*</b> Thavun
	9:45am <b>BR Zone*</b> Nick		9:45am <b>BR Zone*</b> Nick		10am <b>Zumba</b> Julz
12:45pm <b>BR Zone*</b> Thavun		12:45pm <b>BR Zone*</b> Thavun		12:45pm <b>BR Zone*</b> Thavun	
5pm <b>Boot Camp</b> Rob	5pm <b>Body Blaster</b> Michelle		5pm <b>Body Blaster</b> Michelle		
5:30pm <b>BR Zone*</b> Michelle		5:30pm <b>BR Zone*</b> Michelle			
6pm <b>Boot Camp</b> Rob					
7:15pm <b>Yoga</b> Amanda			7:15pm <b>Yoga</b> 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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**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.

**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