



2017

October

EAST

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am Body Blaster Cheslin		8:30am Body Blaster Cheslin		8:30am Body Blaster Cheslin	
9:30am Mix It Up Chris	9:30am Boot Camp Julian	9:30am Boot Camp Amber	9:30am Boot Camp Julian	9:30am Boot Camp Amber	
12pm Power Lunch Chris			12pm Power Lunch Chris		12pm Boot Camp Kristy
12:30pm BR Zone* Amber	1pm PiYo Amber		12:30pm BR Zone* Amber		1pm Yoga Christine
					1:30pm Butts & Guts Kristy
5:30pm BR Zone* Chris	5:30pm BR Zone* Cheslin	5:30pm BR Zone* Chris	5:30pm BR Zone* Tara		
6pm Sweat-shop Andre	5:30pm Yoga Christine	6pm Boot Camp Julian	5:30pm Yoga Christine	6pm Boot Camp Julian	
6:30pm Zumba Heather	6:30pm Zumba Julz	6:30pm Zumba Heather	6:30pm Zumba Heather		

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



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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!

PiYo - 60 minutes: A fun, challenging class that fuses Yoga and Pilates with non-stop movement. This is all set to upbeat music!

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!

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!

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

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

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.

CLASS DESCRIPTIONS