



2017

October

MIDTOWN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am Boot Camp Kevin	6am Cycle* Kris	6am Boot Camp Kevin	6am Cycle* Kris	6am Boot Camp Kevin	
					10am Zumba Kimly
12pm Power Lunch Julia	12pm Power Lunch Kevin	12pm Power Lunch Julia	12pm Power Lunch Kevin	12pm Power Lunch Julia	
5pm Body Blaster Lena		5pm Body Blaster Lena		5pm Body Blaster Lena	
	5:30pm Yoga April		5:30pm Yoga April		
	6pm Zumba Mary	6pm Zumba Mary	6pm Zumba 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.

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

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.

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

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!

CLASS DESCRIPTIONS