



2017

October

SOUTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am Boot Camp Jaryd	5am BR Zone* Thavun	5am Boot Camp Jaryd	5am BR Zone* Thavun			
6am Boot Camp Jaryd	6am BR Zone* Thavun	6am Boot Camp Jaryd	6am BR Zone* Thavun			
8am Cross Training Haley		8am Cross Training Kristen		8am Cross Training Haley		
9:30am Cross Training Thavun	9:30am Mix It Up Matt	9:30am Butts & Guts Thavun	9:30am Mix It Up Matt	9:30am Powerhouse Pilates Kristen	9am BR Zone* Thavun	
9:45pm BR Zone* Matt		9:45pm BR Zone* Matt			10am Zumba Julz	
12:45pm BR Zone* Thavun	12:45pm BR Zone* Thavun	12:45pm BR Zone* Thavun	12:45pm BR Zone* Thavun	12:45pm BR Zone* Thavun		1pm Zumba Jan M
5:30pm BR Zone* Drew		5:30pm BR Zone* Drew				
	5:30pm Cross Training Chris	5:30pm Cross Training Chris				
		6:30pm Body Blaster Chris		6pm Cross Training Chris		
			7:15pm Yoga 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.

BootCamp-60minutes: 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