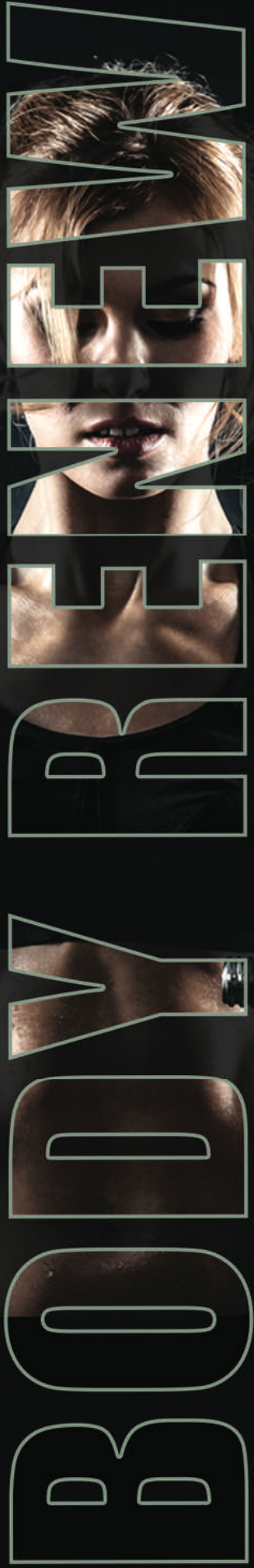


BODY RENEW EAGLE RIVER CLASS SCHEDULE



MONDAYS

9:30AM
HIIT

INSTR. NIKKI/KELLIE

10:30AM
POWER PUMP

INSTR. MOLLY

6:00 PM
YOGA

INSTR. CHRISTINE

6:45 PM
ZUMBA ^{30min}

INSTR. ELLY

7:15 PM
POUND

INSTR. ELLY

TUESDAYS

9:30 AM
ZUMBA

INSTR. HEATHER

10:30 AM
HIIT

INSTR. NIKKI/KELLIE

10:30 AM
STRONG BY ZUMBA

INSTR. HEATHER

12:00 PM
BR ZONE

INSTR. HEATHER

5:45 PM
MIX IT UP

INSTR. KRISTY

6:45 PM
ZUMBA ^{30min}

INSTR. ELLY

7:15 PM
ZUMBA TONING

INSTR. ELLY

WEDNESDAYS

10:00AM
ABS CLASS

INSTR. MOLLY

10:30AM
POWER PUMP

INSTR. MOLLY

12:00 PM
BR ZONE

INSTR. HEATHER

6:00 PM
YOGA

INSTR. CHRISTINE

THURSDAYS

9:30AM
HIIT

INSTR. NIKKI/KELLIE

10:30 AM
BUTTS & GUTS

INSTR. KRISTY

5:45 PM
MIX IT UP

INSTR. KRISTY

6:00 PM
YOGA

INSTR. BETHANY

FRIDAYS

9:30 AM
ZUMBA

INSTR. HEATHER

10:30AM
STRONG BY ZUMBA

INSTR. HEATHER

12:00 PM
BR ZONE

INSTR. HEATHER

6:00 PM
YOGA

INSTR. BETHANY

SATURDAY

10:00 AM
YOGA

INSTR. CHRISTINE

ZUMBA - 60 MINUTES THIS IS AN ENTERGETIC FITNESS DANCE CLASS. IT AIMS TO IMPROVE CARDIORESPIRATORY HEALTH.

BRZ - 60 MINUTES THIS IS A HIGH TECH CLASS THAT ALLOWS YOU TO SEE YOUR ACTIVITY IN REAL TIME.

X TRAINING - 60 MINUTES THIS IS A CARDIO AND STRENGTH SESSION THAT INCORPORATES PLYOMETRICS COUPLED, WITH RESISTANCE TRAINING TO BOOST METABOLISM, ENDURANCE AND OVERALL FITNESS.

POUND - 30 MINUTES INSPIRED BY THE ENERGIZING AND SWEAT DRIPPING ACT OF PLAYING DRUMS, POUND IS THE FIRST CARDIO JAM SESSION.

HIIT- 60 MINUTES A HIGH INTENSITY INTERVAL TRAINING, COMBINES FULL BODY STRENGTH TRAINING WITH INTENSE CARDIO BURSTS.

POWER PUMP - 60 MINUTES THIS IS A GROUP CLASS INTENDED TO SCULPT TONE AND STRENGTHEN YOUR ENTIRE BODY.