

## DAM NECK GROUP EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 0600: Step 1115: Interval	2 0700: Interval 1115-1215: Abs Plus/Body Pump 1700-1815: Yoga	3 0600: Step 1115: Cardio-Boxx	4 0700: TNT 1115: Cardio-Step Pump	5 0600: Cardio-Step Pump 1115: Step	6 0830-0945 Power Yoga
8 0600: Step 1115: Interval	9 0700: Interval 1115-1215: Abs Plus/Body Pump 1700-1815: Yoga	10 0600: Step 1115: Cardio-Boxx	11 0700: TNT 1115: Cardio-Step Pump	12 0600: Cardio-Step Pump 1115: Step	13 0830-0945 Power Yoga
15 0600: Step 1115: Interval	16 0700: Interval 1115-1215: Abs Plus/Body Pump 1700-1815: Yoga	17 0600: Step 1115: Cardio-Boxx	18 0700: TNT 1115: Cardio-Step Pump	19 0600: Cardio-Step Pump 1115: Step	20 0830-0945 Power Yoga
22 0600: Step 1115: Interval	23 0700: Interval 1115-1215: Abs Plus/Body Pump 1700-1815: Yoga	24 0600: Step 1115: Cardio-Boxx	25 0700: TNT 1115: Cardio-Step Pump	26 0600: Cardio-Step Pump 1115: Step	27 0830-0945 Power Yoga
29 0600: Step 1115: Interval	30	31			

## CLASS DESCRIPTIONS

Please consult with your physician to determine if you have any physical limitations that may prevent you from participating in any of the following classes.

- **Abs Plus!** – Make the most of your abdominal exercises. This class will concentrate on making that belly flat! Come join us for this ½ hour belly burn! Let us show you how.
- **Body Pump** – This ½ hour circuit class will increase both your strength and endurance. Alternating stations of weights and cardio will give you that full body workout you have been craving!
- **Cardio-Boxx** – The newest rage in fitness, cardio-boxx is an intense hi/lo physical workout designed for any fitness level, with individual attention to ensure use of safe and proper form, correct self-defense form and one on one motivation. Combining aerobics, boxing, and kick boxing techniques, this cross-training ultimate workout is a knockout!
- **Cardio-step pump** – Ten minutes of warm-up, followed by 25 minutes of heart pounding stepping, then 20 minutes of toning muscles with weight and tubing. You can't beat this class for a combination of burning followed by muscle building. Everyone will benefit.
- **Interval** – Alternative between cardio aerobic and strength training.
- **TNT (Tighten and Tone)** – Learn now to make the most of your own power! We will use your own body weight to strengthen and tone your muscle using stabilizing exercises. There's no need for weights!
- **Step** – For those STEP enthusiasts who love STEP! This 1-hour class consists of a 10-minute warm-up followed by 35 minutes of high energy stepping. Abdominal work and push-ups are included to add to your workout pleasure! You can't beat the feeling.
- **Power Yoga** – Improve flexibility and gain muscle strength. All fitness levels are welcome and yoga mats will be provided.