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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>2/16 MIXXEDFIT INSTRUCTOR TRAINING OR MASTER CLASS!</b> (REGISTER FOR EITHER @ <a href="http://WWW.ILOVEMIXXEFIT.COM">WWW.ILOVEMIXXEFIT.COM</a> ) <b>ADULT TAP CLASS! FRI 2/7 &amp; FRI 2/21 6:30PM</b> (PASSES OR DROP-IN) <b>90 MINUTE RESTORATIVE YOGA &amp; MASSAGE WORKSHOP SAT. 1/15!</b> (\$15 SIGN UP IN STUDIO ONLY – LIMITED TO 12 SPOTS) <b>WEAR RED FOR HEART HEALTH AWARENESS FRI 2/14 + \$5 DROP-IN DAY!</b> <b>NEW CLIENT SPECIAL FOR FEBRUARY! 6 PASSES FOR \$36!</b> (NO LIMIT, PASSES EXPIRE 6 MONTHS FROM DATE OF PURCHASE, NEW CLIENTS ONLY)						<b>1</b> 9:30AM ZUMBA® 10:30AM TOTAL BODY TONE UP 11:30AM YOGA 6PM DIVAS BURLESQUE (SOLD OUT)
<b>2</b> 9:30AM ZUMBA® 6PM ZUMBA® 7PM ZUMBA® GOLD 8PM ZUMBA®W/LIGHTS!	<b>3</b> 9:30AM ZUMBA® 6PM ZUMBA® 7PM ZUMBA® GOLD 8PM ZUMBA®W/LIGHTS!	<b>4</b> 9:30AM ZUMBA® TONING/CIRUIT TRAIN. 6PM BARRE-POURRI 7PM ZUMBA® 8PM MIXXEDFIT®	<b>5</b> 6PM ZUMBA® TONING 7PM ZUMBA® GOLD/TONING 7PM YIN YOGA (SM SUITE) 8PM MIXXEDFIT®	<b>6</b> 9:30AM BARRE 6PM POUND® 7PM STRONG 30™ 8PM ZUMBA®W/LIGHTS!	<b>7</b> 9:30AM ZUMBA® <b>6:30PM ADULT TAP!</b> 6:30PM HOOP FLOW 7:30PM MIXXEDFIT®	<b>8</b> 9:30AM ZUMBA® 10:30AM TOTAL BODY TONE UP 11:30AM YOGA
<b>9</b> 9:30AM ZUMBA® 6PM ZUMBA® 7PM ZUMBA® GOLD 8PM ZUMBA®W/LIGHTS!	<b>10</b> 9:30AM ZUMBA® 6PM ZUMBA® 7PM ZUMBA® GOLD 8PM ZUMBA®W/LIGHTS!	<b>11</b> 9:30AM ZUMBA® TONING/CIRUIT TRAIN. 6PM BARRE-POURRI 7PM ZUMBA® 8PM MIXXEDFIT®	<b>12</b> 6PM ZUMBA® TONING 7PM ZUMBA® GOLD/TONING 7PM YIN YOGA (SM SUITE) 8PM MIXXEDFIT®	<b>13</b> 9:30AM BARRE 6PM POUND® 7PM STRONG 30™ 8PM ZUMBA®W/LIGHTS!	<b>14 \$5 DROP-IN DAY!</b> 9:30AM ZUMBA® 6:30PM HOOP FLOW 7:30PM MIXXEDFIT® <b>* WEAR RED FOR HEART HEALTH!</b>	<b>15</b> 9:30AM ZUMBA® 10:30AM TOTAL BODY TONE UP 11:30AM YOGA *1PM YOGA WKSH  90 MINUTES \$15 12 SPOTS
<b>16</b>  <b>INSTRUCTOR TRAINING + MASTER CLASS!</b> <b>REGISTER FOR EITHER</b> <a href="http://WWW.ILOVEMIXXEDFIT.COM">WWW.ILOVEMIXXEDFIT.COM</a>	<b>17</b> 9:30AM ZUMBA® 6PM ZUMBA® 7PM ZUMBA® GOLD 8PM ZUMBA®W/LIGHTS!	<b>18</b> 9:30AM ZUMBA® TONING/CIRUIT TRAIN. 6PM BARRE-POURRI 7PM ZUMBA® 8PM MIXXEDFIT®	<b>19 *NO YOGA</b> 6PM ZUMBA® TONING 7PM ZUMBA® GOLD/TONING <del>7PM YIN YOGA (SM SUITE)</del> 8PM MIXXEDFIT®	<b>20</b> 9:30AM BARRE 6PM POUND® 7PM STRONG 30™ 8PM ZUMBA®W/LIGHTS!	<b>21</b> 9:30AM ZUMBA® <b>6:30PM ADULT TAP!</b> 6:30PM HOOP FLOW 7:30PM MIXXEDFIT®	<b>22</b> 9:30AM ZUMBA® 10:30AM TOTAL BODY TONE UP 11:30AM YOGA
<b>23</b> 9:30AM ZUMBA® 6PM ZUMBA® 7PM ZUMBA® GOLD 8PM ZUMBA®W/LIGHTS!	<b>24</b> 9:30AM ZUMBA® 6PM ZUMBA® 7PM ZUMBA® GOLD 8PM ZUMBA®W/LIGHTS!	<b>25</b> 9:30AM ZUMBA® TONING/CIRUIT TRAIN. 6PM BARRE-POURRI 7PM ZUMBA® 8PM MIXXEDFIT	<b>26</b> 6PM ZUMBA® TONING 7PM ZUMBA® GOLD/TONING 7PM YIN YOGA (SM SUITE) 8PM MIXXEDFIT®	<b>27</b> 9:30AM BARRE 6PM POUND® 7PM STRONG 30™ 8PM ZUMBA®W/LIGHTS!	<b>28</b> 9:30AM ZUMBA® <b>7PM 30MIN HOOP FLOW</b> 7:30PM MIXXEDFIT®	<b>29</b> 9:30AM ZUMBA® 10:30AM TOTAL BODY TONE UP 11:30AM YOGA

DROP-INS ALWAYS WELCOME FOR \$8 CLASS PASS PACKAGES: 4 PASSES FOR \$30, 8 - \$56, 11 - \$70 (New Clients This Month 6 for \$36)

\*PLEASE NOTE ALL PASSES EXPIRE 6 MONTHS AFTER DATE OF PURCHASE

## CLASS DESCRIPTIONS:



**ZUMBA® CLASSES** – Feature exotic rhythms set to high-energy Latin and international beats. Incorporate dance and fitness moves to create a total body workout!



**ZUMBA® GOLD CLASSES** – Take the Zumba® formula and modify the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Great workout!



**ZUMBA® TONING CLASSES** – Combine targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs.



**ZUMBA® STEP CLASSES** – A New Maximum-Results Workout for Your Calendar! Learn how to blend step aerobics with the fun and effective Zumba® program for a workout targeting legs, glutes and core.



**STRONG BY ZUMBA®** – Music led interval training! STRONG By Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.



**BODY BANDZ** – Come get a booty blasting, arm toning workout! This class uses resistance bands to challenge your muscles from all angles!



**YOGA** – Our slow flow Yoga class will build your stamina and strength while focusing on slow steady breathing and postural alignment. Learn to honor your individual abilities and limits, go to your edge and find that sweet spot that is most beneficial and effective for you! In our *Yin Yoga* class you will receive all the benefits of yoga but will go at a slower pace, holding poses longer and focusing on opening up the hip area.



**HULA HOOP FLOW** – A 60 minute Hula Hoop Infused exercise flow that focuses on balance, strength, endurance and fun! Hoops are provided or can be purchased.



**BARRE ABOVE™ /BARRE-POURRI**– This is a totally unique approach to barre workouts as you've seen them. Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do. Barre Above™ delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape.



**TOTAL BODY TONE UP** – Approximately 1 hour – A high intensity interval training class using, weights, circuits and more! There will be something different to challenge your body each week! Modifications will be offered for any exercises to include participants of all fitness levels.



**MIXXEDFIT®** – A people inspired dance fitness program that is a perfect blend of explosive dancing & boot camp inspired toning.



**POUND®** – Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums! Class is just under an hour and you'll be provided with a mat & Ripstix.® It's a super fun & different type of workout!

**DROP-INS ALWAYS WELCOME FOR \$8 CLASS PASS PACKAGES: 4 PASSES FOR \$30, 8 - \$56, 11 - \$70**

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