

SUNDAY	CLASS	INSTRUCTOR	DESCRIPTION	CATEGORY	In-Studio	Virtually
6-6:45pm	ZUMBA® FITNESS	Lynn Blakeley	Latin dance and other rhythms fused with fitness aerobics- forget the workout, join the party!	Dance/ Cardio	X	✓
6:50-7:35pm	VERAFLOW®	Lora Hueber	Find your true flow as you improve flexibility, mobility, balance, coordination and strength.	Dance/ Stretch	X	✓
MONDAY	CLASS	INSTRUCTOR	DESCRIPTION	CATEGORY	In-Studio	Virtually
5-6PM	BARRE	Kari Foster	Utilizing a ballet barre and fusing dance, Pilates, and yoga, get long, lean, tone, muscles and perk up the hardest to work areas	Toning/ Resistance	✓	✓
6:15-7:15pm	ZUMBA® FITNESS	Liza Pezzimenti Harbour	Latin dance and other rhythms fused with fitness aerobics- forget the workout, join the party!	Cardio/ Dance	✓	✓
6:30-7:30pm	VINYASA FLOW YOGA	Kari Foster	Traditional, therapeutic, binds and gentle poses are utilized to bring healing and awareness to the body.	Stretch, alignment	✓	✓
TUESDAY	CLASS	INSTRUCTOR	DESCRIPTION	CATEGORY	In-Studio	Virtually
5:20-5:35pm	SCULPT in 15	Mandy Johnston	15 minutes of targeted sculpting using a yoga ball, hand weights and resistance bands to target large muscle groups to tone problem areas. (Included with Cardiod Drummimg classes)	Toning/ Resistance	✓	✓
6-6:30pm	INDOOR CYCLING / SPIN	Rick Culp	Utilizing a special stationary bicycle you will pedal your way to burning (on average) 300-500 kcal per 60 minutes. The class focuses on strength, endurance, high intensity, intervals and recovery.	Cardio/ Resistance	✓	X
6:30-7:30pm	ZUMBA® FITNESS	Liza Pezzimenti Harbour	Latin dance and other rhythms fused with fitness aerobics- forget the workout, join the party!	Dance/ Cardio	✓	✓
5:35-6:20pm	CARDIO DRUMMING®	Mandy Johnston & Brandi Kuder	Choreographed dance movements and cardio intervals with the fun of drumming on an exercise ball "drum!"	Toning/ Cardio/ Dance	✓	✓
7:30-8:30pm	HOT POWER YOGA	Kari Foster	Traditional, therapeutic, & binds are intertwined with dynamic poses in a slightly faster flow with the added element of heat to make the muscles fluid and add a deeper stretch (temperatures around 90*)	Stretch, alignment	✓	✓
7:30-8:30pm	*KRAV MAGA	Jeff Webb (Black Belt/ Level II Instructor)	A contact combat self-defense system developed for the Israeli Defense Forces consisting of techniques sourced from aikido, judo, boxing, wrestling, and fighting; Belt ranking, optional	Self-defense	✓	X
WEDNESDAY	CLASS	INSTRUCTOR	DESCRIPTION	CATEGORY	In-Studio	Virtually

5-5:45am	C.O.R.E. FIT	Erich Courtad	Focus on building a strong core as the foundation for gaining overall physical health. Enable your body to Change, Overcome, Resolve and Evolve into your best you!	Cardio/ Resistance/ Strength	✓	✓
4:45-5:45pm	ZUMBA FITNESS	Brandi Kuder	Latin dance and other rhythms fused with fitness aerobics- forget the workout, join the party!	Dance/ Cardio	✓	✓
5:15-6pm	BARBELL PUMP	Mandy Johnston	Primarily utilizing barbell & plates, build strength and develop athletically cut muscles to a choreographed pattern of music.	Resistance/ Strength	✓	✓
6-7pm	BARRE INTENSITY®	Liza Pezzimenti Harbour	Barre Intensity® takes barre classes to a new level, with a specific focus on muscle fatigue and elevated heart rate to create an intense and effective whole-body workout. Utilizing a ballet barre and fusing dance, Pilates, and yoga, get long, lean, tone, muscles and perk up the hardest to work areas.	Toning/ Resistance	✓	✓
6:15-7pm	ZUMBA® STEP	Mandy Johnston	Zumba Step literally 'steps it up,' taking the original Zumba fitness formula to new heights. Focusing on the lower body – particularly the glutes and legs – Zumba Step combines the elements of Step Aerobics with the upbeat rhythms and party atmosphere of Zumba.	Dance/ Cardio/ Resistance	✓	✓
7-8pm	ZUMBA® FITNESS	Annie White	Latin dance and other rhythms fused with fitness aerobics- forget the workout, join the party!	Dance/ Cardio	X	✓
7:15-8:45pm	Salsa Bachata Nights	Tim & Terrie Rapp	Salsa& Bachata Partner Dance Class (beginner level)- learn lead/follow, footwork and styling to energetic and fun latin dance music	SPECIAL EVENT, see below	✓	✓
THURSDAY	CLASS	INSTRUCTOR	DESCRIPTION	CATEGORY	In-Studio	Virtually
5-5:45pm	POUND® FITNESS	Brandi Kuder	Drum to the beat of your favorite radio tunes using only drumsticks and your body weight- each class provides on average 400 squats!	Toning/ Cardio/ Dance	X	✓
5-6pm	*AERIAL YOGA	Liza Pezzimenti Harbour	Antigravity Yoga involving exercises inspired by Yoga, Pilates, and acrobatics performed with the use of a hammock swing	Stretch/ Alignment/ Toning	✓	✓
6-6:15pm	SCULPT in 15	Mandy Johnston	15 minutes of targeted sculpting using a yoga ball, hand weights and resistance bands to target large muscle groups to tone problem areas. (Included with Cardiod Drummimg classes)	Toning/ Cardio/ Dance	✓	✓
6:15-7pm	CARDIO DRUMMING®	Mandy Johnston	Choreographed dance movements and cardio intervals with the fun of drumming on an exercise ball "drum!"	Toning/ Cardio/ Dance	✓	✓
6:30-7:30pm	ZUMBA® FITNESS	Liza Pezzimenti Harbour	Latin dance and other rhythms fused with fitness aerobics- forget the workout, join the party!	Dance/ Cardio	✓	✓

7:30-8:30pm	*KRAV MAGA	Ben Turner	A contact combat self-defense system developed for the Israeli Defense Forces consisting of techniques sourced from aikido, judo, boxing, wrestling, and fighting; Belt ranking, optional	Self-defense	✓	X
FRIDAY	CLASS	INSTRUCTOR	DESCRIPTION	CATEGORY	In-Studio	Virtually
5-5:45am	C.O.R.E. FIT	Erich Courtad	Focus on building a strong core as the foundation for gaining overall physical health. Enable your body to Change, Overcome, Resolve and Evolve into your best you!	Cardio/ Resistance/ Strength	✓	✓
5-5:15pm	ABS in 15	Cathy Lucente	Target your core muscles using Pilates-based exercises, a stability ball, and more to strengthen and tone amazing abdominals.	Toning/ Resistance	✓	X
5:15-6pm	BARBELL PUMP	Brandi Kuder	Primarily utilizing barbell & plates, build strength and develop athletically cut muscles to a choreographed pattern of music.	Resistance/ Strength	✓	✓
6:15-7:15pm	*YOGA TRAPEZE®	Cathy Lucente	Yoga Trapeze, includes pushing, pulling, holding, twists, backbends, forward bends, hip opening; develop core & upper body strength, improve flexibility, assist with yoga poses, traction the spine, calm your nerves, and leave class floating on air.	Resistance/ Strength/ Stretch	✓	✓
SATURDAY	CLASS	INSTRUCTOR	DESCRIPTION	CATEGORY	In-Studio	Virtually
8-9am	BARRE INTENSITY®	Liza Pezzimenti Harbour	Barre Intensity® takes barre classes to a new level, with a specific focus on muscle fatigue and elevated heart rate to create an intense and effective whole-body workout. Utilizing a ballet barre and fusing dance, Pilates, and yoga, get long, lean, tone, muscles and perk up the hardest to work areas.	Toning/ Resistance	✓	✓
9-10am	ZUMBA® FITNESS	Annie White	Latin dance and other rhythms fused with fitness aerobics- forget the workout, join the party!	Dance/ Cardio	✓	✓
9:15-10:15am	WARM GENTLE YOGA	Kari Foster	Traditional, therapeutic, binds and gentle poses are utilized to bring healing and awareness to the body with additional heat to loosen and gently open up tight areas.	Stretch, alignment	✓	✓
10:15-11:15am	VERAFLOW®	Lora Hueber	Find your true flow as you improve flexibility, mobility, balance, coordination and strength.	Dance/ Stretch	X	✓
11:30am-12:30pm	*BELLY DANCE	Colleen Rasnack	Learn this mesmerizing art for fun or performance; all shapes, sizes, and abilities welcome- no former dance training necessary!	Dance, traditional	✓	✓

PRICING (*All Memberships Auto withdraw every 30 day cycle with the option to cancel at anytime without penalty)

VIRTUAL STREAMING CLASSES: ▪\$5: Drop In; ▪\$24, mo.: Unlimited Streaming*

BASIC CLASSES: ▪\$10: Drop-Ins; ▪\$35: 5 Class Pass ▪\$49, mo.: Unlimited Basic*/ Streaming/ \$6: Premium class upcharges/ 10% OFF: Massage & Product

PREMIUM CLASSES: ▪\$15: Drop-Ins; ▪\$70: 5 Class Pass ▪\$69, mo.: Unlimited Premium/ Basic/ Streaming/ Opt. Weekly Nutritional Coaching; 20% OFF: massage & product

SPECIAL EVENTS (*Events are offered at an additional rate but discounted to our members; BASIC Members: 10% Off; PREMIUM: 20% Off)

•Salsa/ Bachata nights at Salsa City fitness with professional dance team, Tim and Terrie Rapp from Centerville, OH. Call/ text (937) 875-7082 for more details or visit us at our schedule tab online for pricing options and to sign up!