


TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM			Stretch (DeNaya)45		Stretch (Traci) 45		
8:00AM							
9:00 AM	Barre (DeNaya)55	CHISEL (Daisy) 55	 ZUMBA (Lauren) 55	tone (Geana) 45	Dance Fit (DeNaya)55	Barre (Rotation)55	
10:00 AM	tone (Maribel) 45	Yoga (Lauren) 55	Barre (DeNaya)55	LES MILLS BODYFLOW (Kelli) 55	CHISEL (Nikki)55	tone (Rotation) 45	
11:00 AM	SilverSneakers FITNESS (Daisy)45		SilverSneakers FITNESS (Daisy)45		SilverSneakers FITNESS (Daisy)45		Barre (Rotation) 55
12:00 PM	CHISEL (Daisy)45		Stretch (DeNaya)45		CHISEL (Nikki)45		Dance Fit (Rotation) 55
4:45 PM		tone (Justine) 45		tone (Shannon)45	Yoga (Cealia)45		
5:30 PM	tone (Justine)45	Dance Fit (Justine) 55	CHISEL	Dance Fit (Traci) 55			
6:30 PM	Barre (Justine)55	LES MILLS BODYFLOW (Victoria) 55	Barre (Justine) 55	LES MILLS BODYFLOW (Cealia) 55			

CLASS DESCRIPTIONS

STRENGTH/TONING CLASSES

Chisel

This class incorporates cardio interval training and strength training. You will be utilizing various equipment for the strength segment, This class will keep your heart elevated through the entire workout giving you a total body workout!

Silver Sneakers

This class uses a variety of techniques to build balance that is so important in everyday life. This class will help enable you to strengthen your lower body and core muscles. Good for "every" Body!

Barre

A high-energy, fun and challenging workout that will get your heart rate up, lift your tush and tone and tighten all the right areas. Utilizing a ballet barre, this class incorporates isometric movements, Pilates, yoga, cardio and resistance training achieving that awesome. All levels welcome

CARDIOVASCULAR CLASSES

LES MILLS Tone

LesMills Tone features the optimal mix of strength, cardio and core training. With our 45 minute option, this is a great cross training option for busy people on the go! We mix lunges, squats, running and tubing exercises with great music to leave you feeling satisfied.

Dance Fit

A PARTY on the dance floor! Mixing the latest music with fun and quick dances while adding the extra level of fitness!

Zumba

A HIGH Energy, salsa-dance inspired low-impact movement set to Latin music; a great cardio workout for any fitness level.

Key Codes:

Day and Time of Class
Name of Class
Instructor
Length of Class

FLEXIBILITY/STRETCH CLASSES

LES MILLS BODYFLOW

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

Yoga

This class is a moderately paced Vinyasa flow class and students will continue to build awareness, strength, and skill!

ZONE WEST FACILITY HOURS

MONDAY - THURSDAY 5AM - 11PM

FRIDAY 5AM - 10PM

SATURDAY & SUNDAY 7AM - 7PM

