



THE CLUB | TOTAL BALANCE FITNESS

JULY 2020 CLASS SCHEDULE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-6:45 am Early Bird Spin Tina	5:45-6:30 am PiYo Live Class & Livestream Michele	6:00-6:30 am Early Bird Spin Tina	5:45-6:30 am PiYo Live Class & Livestream Michele		
		7:00-7:45 am L1FT Live Class & Livestream Michele		7:00-8:00 am Flow Yoga (all levels) Lonnie	
8:00-9:00 am SH1FT & L1FT Live & Livestream Michele	8:00-8:45 am Spinning DuAnn	8:00-9:00 am Rona Buster Boot Camp Shelley	8:00-8:45 am Spinning Corrina		
	9:00-9:45 am Mat Pilates Tiffany		9:00-9:45 am Mat Pilates Tiffany		9:00-10:15 am Power Yoga Live Class & Livestream Lindsay No class July 4th
	6:00-7:00 pm Body Burn Boot Camp Des		6:00-6:45 pm Zumba Lisa Begins July 9th		

****Due to COVID maximum class capacity is 12 plus instructor (for aerobic room and spin room).****

Please turn over for more information and class descriptions.

***If you are a member of The Club and would like to access our Livestream classes please send Michele Hastings a friend request on Facebook and she will add you to the private group for all our Livestream classes.**

Descriptions

Body Burn Boot Camp: Consists of conditioning/cardio, strength training (body weight/bands/weights), core, and stretching. Instructor varies the exercises and format for every workout so no two boot camp sessions are the same.

Early Bird Spin: This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. **Sign up sheet at front counter before class to reserve a bike (12 bikes available).**

Flow Yoga- Yoga with a focus on strength, flexibility, and core. (Non-Members pay per session or drop-in fee.)

L1FT-Live Class & Livestream: Utilizes weights to sculpt lean muscles and turn you into a fat burning machine long after the workout is over. Smart, safe, and progressive movements ensure no fitness level is left behind. **You can attend class in person at The Club or watch it Livestream.**

Mat Pilates- A classical Pilates mat series of movement focusing on strength, flexibility and spinal support with an emphasis on challenging the core muscles with each movement.

PiYo-Live Class & Livestream: Sweat, stretch, and strengthen in one low-impact, body sculpting workout. PiYo LIVE cranks up the intensity and speed of traditional Pilates and yoga to help you shape sleek arms, flat abs, and a lifted butt. **You can attend class in person at The Club or watch it Livestream.**

Power Yoga-Live & Livestream: A vinyasa flow based yoga class that helps create strength and balance with a focus on endurance and muscle tone. Prepare to sweat!! **You can attend class in person at The Club or watch it Livestream.**

Rona Buster Boot Camp: Consists of conditioning/cardio, strength training (body weight/bands/weights), core, and stretching. Instructor varies the exercises and format for every workout so no two boot camp sessions are the same.

SH1FT/L1FT-Live Class & Livestream: Smart High Intensity Functional Training that allows people of every fitness level to train smarter and stay fit for life; utilizes weights to sculpt lean muscles and turn you into a fat burning machine long after the workout is over. Smart, safe, and progressive movements ensure no fitness level is left behind. **You can attend class in person at The Club or watch it Livestream.**

Spinning-This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. **Sign up sheet at front counter before class to reserve a bike (12 bikes available).**

Zumba: Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training; alternating fast and slow rhythms, to help improve cardiovascular fitness.