

Mr.D's Ultimate Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 JENNIFER Bootcamp-outdoor Weather permitting	6:00 JENNIFER Muscle Conditioning	6:00 JENNIFER Cycle and Core	6:00 JENNIFER Pilates		
8:00 Diane Yoga	8:00 Sue Core Strength and Vinyasa	8:00 Diane Yoga	8:00 Diane Yoga		7:15 Jennifer Ultimate Cycle	
9:30 -11 Nancy Ultimate Conditioning		9:30 Marie Bodysculpt	9:30 Jennifer Pilates	9:30 - 11 Michelle Ultimate Conditioning	8:30 Jennifer Muscle Conditioning	9:00 Sue Yoga
11:30 Michelle Sneakers	11:15 Marie Sneakers	11:15 Michelle Sneakers		11:15 Michelle Sneakers	10:30 Gina Zumba	10:15 Amanda Kerboomka
4:00 Stephanie Ultimate Cycle	5:00. Laura Pilates	5:00 Karen Bodysculpt				
5:00 Jennifer Muscle Conditioning	6:00 Victoria Ultimate Cycle		6:00 Gina Zumba		All classes included	No sign up necessary
7:00 Samantha Zumba	7:00. Alyssa Zumba	7:00 Victoria Ultimate Cycle				
ULTIMATE CYCLING: Indoor cycling class. Come & get the ride of your life BOOTCAMP: A mix of cardio (in the gym, outside in warm weather) strength & cardio drills that changes weekly. All levels welcome!!	YOGA: Designed to teach basic yoga postures, increase flexibility, strength & skill level while focusing on breathing, relaxation and strength. BODYSULPT: full body w/o designed to strengthen & tone the upper & lower body.	ULTIMATE CYCLE AND ABS: 45 minutes of cycling with 15 mins abs at end. Muscle Conditioning: strength class that utilizes barbells, weights & your own body to build strength and tighten muscles.	ZUMBA: Latin inspired dance class! No dance experience needed! Come in to sweat & have fun!	KERBOOMKA: Hip- hop inspired dance cardio class! You will sweat, burn calories, twist and work your abs! So much fun you have to try	STRENGTH VINYASA YOGA: use the "core" most efficiently to gain the maximum yoga benefits (calorie burn, strength, flexibility, self awareness, confidence.	PILATES: Mat class to strengthen and lengthen back, abs, hips, legs & upper body. Will build strength, increase flexibility agility & enhance posture.