

631-654-GYMS (4967) Mr.D's Ultimate Fitness Class Schedule

Eff: Dec 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 JENNIFER BOOTCAMP Outside weather permitting	6:00 Jennifer BODYSCULPT	6:00 JENNIFER ULTIMATE CYCLE + ABS	6:00 Jennifer PILATES	7:15 Jennifer ULTIMATE CYCLE	
8:00 Diane YOGA	8:30 Sue CORE STRENGTH VINYASA	8:00 Diane YOGA	8:00 Diane YOGA		8:30. Jennifer BODYSCULPT	8:00 ULTIMATE CYCLE
9:30 Nancy ULTIMATE CYCLING		9:30-11 MARIE BODYSCULPT	9:30 JENNIFER PILATES	9:30-11 ULTIMATE CONDITIONING	9:30. ADRIENNE ULTIMATE CYCLE	9:00 Sue YOGA
10:30 Nancy BODYSCULPT		11:15 Michelle SILVERSNEAKERS			10:30 GINA ZUMBA	
11:45 Michelle SILVERSNEAKERS	11:15 Marie SILVERSNEAKERS	12:00 SILVERSNEAKER CARDIOFIT		11:15 Michelle SILVERSNEAKERS		
	5:00 Laura PILATES	5:00 Karen BODYSCULPT				
5:00 Stephanie ULTIMATE CYCLE		6:00 Rosetta ULTIMATE SHREDMILL	5:00 Sue YOGA		ALL CLASSES ARE INCLUDED IN YOUR MEMBERSHIP!!!	NO SIGN UP REQUIRED!!!
6:00 Jennifer BODYSCULPT	6:00 Victoria ULTIMATE CYCLE	6:00 Stephanie ULTIMATE CYCLE + ABS	6:00 Jillian ZUMBA			
7:30. Gerard ZUMBA	7:00 Alyssa ZUMBA	7:30 Gerard ZUMBA				

ULTIMATE CYCLING: An Indoor Group cycling class. Come & get the ride of your life **BODYSCULPT:** full body w/o designed to strengthen and tone the upper & lower body. **BOOTCAMP:** A mix of cardio (Cardio machines in the gym, outside in warm weather) & muscle conditioning & cardio drills that changes weekly. All levels welcome!!

YOGA: Designed to teach basic yoga postures, increase flexibility, strength and skill level while focusing on breathing, relaxation and strength. **SILVERSNEAKER CARDIOFIT:** Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movements. **ULTIMATE CYCLE AND ABS:** 45 minutes of cycling with added abdominal work for the last 15 minutes!!

ULTIMATE CONDITIONING: A 1 1/2 hour class combining 45 minutes Cycle, 30 min upper body and 15 min of abs. **PILATES:** Mat class designed to strengthen and lengthen back, abdominals, hips, gluts, thighs, upper body, pelvic girdle, and spine. Will build strength, increase flexibility and agility, & enhance posture.

CORE STRENGTH VINYASA YOGA: use the "core" most efficiently to gain the maximum yoga benefits (calorie burn, strength, flexibility, focus, self-awareness, confidence...) in the least amount of time. Multi-level actions, and focus on constant core connection. **ULTIMATE SHREDMILL:** Burn calories with the new interval treadmill cardio workout. An intense and fun way to burn calories with a mix of an interval ab workout. **ZUMBA:** One exciting hour of calorie-burning, body-energizing, movements meant to engage and captivate for life! Latin inspired dance class! No dance experience needed! Come in to sweat & have fun!

