

Master **Fitness Aerobic Schedule**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am							
9:15am	Muscle Fusion Tracey		Muscle Pump Laura	Total Body Sculpt Andrea	Yoga Shannon		
10:00am						Spin Denise	
10:15am	Yoga Tracey		Yoga Ruth		Spin Andrea/Laura		
Noon		Tai/Yoga Stephen					
5:30pm	Muscle Pump Laura		Total Body Sculpt Andrea				
7:00pm	Karate	Karate (2 hours)		Karate (2 hours)			

Classes highlighted in Pink are an extra charge. See Reception for details. All classes one hour unless specified.

ALL CLASSES ARE SUITABLE FOR ANY FITNESS LEVEL

Muscle Fusion – A different class format every week combining cardio, endurance and strength.

Muscle Pump – A muscle conditioning workout designed to build strength, definition and lean muscle mass.

Total Body Sculpt – Improves cardio endurance as well as muscular strength. Multi-joint exercises in a variety of HIIT formats using free weights, body bars, Swiss balls, step and other equipment.

Spin – Challenging and fun indoor cycling with motivating playlists that energize as you burn calories.

Yoga – Develop strength, flexibility, breath and relaxation through a mindful yoga practice.