

### Master **Fitness Aerobic Schedule**

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

Classes highlighted in Pink are an extraordinary see 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.