

Master **Fitness Aerobic Schedule**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am					Yoga Erin		
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)			

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.