

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 2 p.m. - Cardio Mashup	2 9 a.m. - Pilates 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba 5:30 p.m.- HIIT Fit	3 5:30 p.m. - Cardio Tone 5:30 p.m. - Yoga	4 SPECIAL HOURS TODAY ONLY 5:30 a.m. - 12 Noon	5 5:30 p.m. - Yoga 5:30 p.m. - Weighted Tabata	6 9 a.m. - Pilates 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba	7 10 a.m. - Kids Boot Camp
8 2 p.m. - Cardio Mashup	9 9 a.m. - Pilates 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba 5:30 p.m.- HIIT Fit	10 5:30 p.m. - Cardio Tone 5:30 p.m. - Yoga	11 9:00 a.m. - Circuit Sculpt 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba 5:30 p.m. - Core Cycle 6:30 p.m. - Ballroom Dancing	12 5:30 p.m. - Yoga 5:30 p.m. - Weighted Tabata	13 9 a.m. - Pilates 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba	14 10 a.m. - Kids Boot Camp
15 2 p.m. - Cardio Mashup	16 9 a.m. - Pilates 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba 5:30 p.m.- HIIT Fit	17 5:30 p.m. - Cardio Tone 5:30 p.m. - Yoga	18 9:00 a.m. - Circuit Sculpt 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba 5:30 p.m. - Core Cycle 6:30 p.m. - Ballroom Dancing	19 5:30 p.m. - Yoga 5:30 p.m. - Weighted Tabata	20 9 a.m. - Pilates 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba	21 10 a.m. - Kids Boot Camp
22 2 p.m. - Cardio Mashup	23 9 a.m. - Pilates 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba 5:30 p.m.- HIIT Fit	24 5:30 p.m. - Cardio Tone 5:30 p.m. - Yoga	25 9:00 a.m. - Circuit Sculpt 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba 5:30 p.m. - Core Cycle 6:30 p.m. - Ballroom Dancing	26 5:30 p.m. - Yoga 5:30 p.m. - Weighted Tabata	27 9 a.m. - Pilates 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba	28 10 a.m. - Kids Boot Camp
29 2 p.m. - Cardio Mashup	30 9 a.m. - Pilates 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba 5:30 p.m.- HIIT Fit	31 5:30 p.m. - Cardio Tone 5:30 p.m. - Yoga	<p>(606) 324-0339 Schedule subject to change.</p> <p>Membership rates start at \$30 per month!</p>		<p>Hours of Operation Mon. - Thurs. 5:30 a.m. - 10:00 p.m. Fri. 5:30 a.m. - 7 p.m. Sat. 8 a.m. - 4 p.m. Sun. 1 - 6 p.m.</p>	

Class Descriptions

Beginning Ballroom Dancing/Ballroom Dancing* - Dust off those dancing shoes! This class is a mix of everything ballroom. Learn all the popular dances from the cha-cha to the waltz. The class is \$10 per person, \$15 per couple. Prices are identical for both the regular and the beginner's classes. For more info concerning this class, contact Dianne Coriell at (740) 352-2723.

Cardio Mashup - A mix of cardio favorites packed into a one hour class, including Zumba, Cardio Toning, Kickboxing and RIPPED.

Cardio Tone - The ultimate toning and cardio workout choreographed to upbeat music that will blast fat and strengthen the entire body.

Circuit Monday - Targeting strength and endurance, circuit is set up as eight to 12 exercise stations that alternate between two types of training. Each station allows participants to work at their own pace and/or modify, if needed. The structure and atmosphere of this class also permits more one-on-one instructions.

Circuit Sculpt - Burn and firm trouble areas in this total body circuit workout that targets multiple muscle groups including abs to define and sculpt. This circuit style workout utilizes four key exercises, performing each of the four moves for 30-45 seconds, making one complete round. Repeat that round again then move on to the next one.

Core Cycle - High intensity cycling as participants pedal through varying resistances and hill climbs for 30 to 45 minutes. Afterwards, 10 minutes of core strengthening exercises target the abdominals and lower back.

Firm Fitness Kids Bootcamp - Designed for children ages 5 to 12, Kids Boot Camp incorporates basic physical fitness principles to motivate and engage children to learn healthy habits in a fun and safe environment. The class is free for children of Firm Fitness members and \$5 per class for children of non-members.

HIIT Fit - High Intensity Interval Training (HIIT) Fit workouts that alternate between bursts of high-energy cardio and active periods that incorporate strength training.

Pilates - Creates long, lean muscles while enhancing strength, flexibility and balance. This class is suitable for any fitness level.

Sculpt & Tone in 30 - This class will help improve the strength of all major muscle groups. Dumbbells, resistant bands and various other toning equipment will be used for full body sculpting and toning in just 30 minutes.

Weighted Tabata - Weighted Tabata centers on the importance of weight and core training. Two, five-minute sets are composed of various weight and core exercises to complete a round. Each exercise lasts 20 seconds with 10 seconds of rest in between, striving to complete as many rounds as possible in an hour.

Yoga - Become stronger physically and mentally! Yoga is both exhilarating and relaxing...the complete exercise program.

Zumba - When people witness a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba fitness party. It's easy to do, effective and totally exhilarating!

For questions, call (606) 324-0339

**All classes are free with Firm Fitness membership with the exception of Ballroom Dancing.*