

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

Class Descriptions

Barre - Barre is a 45-minute class that mix elements of Pilates, dance, yoga and functional training. The moves are choreographed to motivating music. The barre is used as a prop to balance while doing exercises that focus on isometric strength. In each energizing and targeted workout that sculpts, slims and stretches the entire body.

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 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 Bootcamp - A fully functional total body fitness program that incorporates cardio, weights, and resistance training performed with tires, ropes, free weights, pull up bars and other unconventional exercise equipment.

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.

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.*