



Centennial Valley Country Club Fitness Center



Classes Effective November 14th thru January 27th 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Butts & Guts 5:30 am – 6:00 am Maret</p> <p>Step 8:15 am -9:00 am Fina</p> <p>Body Sculpt 5:00 pm – 5:45 pm Maret & Grace</p> <p>Zumba 5:45 pm -6:30 pm Suzanne</p>	<p>Tabata 6:00 am – 6:45 am Maret</p> <p>Chisel 8:15 am -9:00 am Jonathan</p> <p>Yoga 5:30 pm – 6:15 pm Maret</p> <p>It's a Guy Thing 6:15 pm- 7:00 pm Maret</p>	<p>Tread & Shed 6:00 am – 6:45 am Maret</p> <p>Tabata 8:15 am -9:00 am Fina</p> <p>Body Sculpt 5:00 pm – 5:45 pm Maret & Grace</p> <p>Zumba 5:45 pm -6:30 pm Fina</p>	<p>Chisel 6:00 am – 6:45 am Maret</p> <p>Chisel 8:15 am -9:00 am Jonathan</p> <p>Yoga 5:30 pm – 6:15 pm Maret</p> <p>It's a Guy Thing 6:15 pm -7:00 pm Maret</p>	<p>Butts & Guts 5:30 am – 6:00 am Maret</p> <p>3:15 8:15 am -9:00 am Susan</p>	<p>Have a great day!</p>	<p>No Classes: November 23, 24 & 25 December 23, 26 & 30 January 2</p>

Fitness Descriptions

3:15 - 3 15 minute sessions, 15 minutes of Cardio, 15 minutes of toning and 15 minutes of abs.

Body Sculpt-Through a series of non-aerobic exercises, using your own body weight and other resistance equipment, you will gain specific muscle conditioning, build strength, endurance and flexibility.

Butts & Guts - A butt-kicking, gut-wrenching class aimed at improving your lower body and core. This class is for all levels.

Chisel- Define and Refine! This total body conditioning workout will enhance strength and muscle definition. This class will utilize weights and other resistance equipment.

It's A Guy Thing - We want to keep you GUYS guessing – and challenge you differently in every class! Workouts are designed to improve your overall fitness – strength, cardio, flexibility, agility and endurance! Have fun – work hard!

STEP- An intense aerobics class using the Step. Step aerobics burns 30 - 60 % more calories than traditional aerobics with particular emphasis on hips, thighs, abdominals, and buttocks.

TABATA – An intense workout that features 20 second intervals of extreme exercise, followed by 10 seconds of rest, repeated eight times. These bursts of intense work will torch calories and strengthen your entire body.

Tread & Shed: Experience the benefits of this cardiovascular class taught on the treadmill. This class utilizes sprints, walking sprints and slow walks with varying speeds and ramp heights. This class is first come first serve, as Treadmill availability is limited to 10.

Zumba

This class involves dance and aerobic choreography of hip-hop, samba, salsa, merengue, and mambo to get your heart rate up. This fun, easy to follow cardio dance class combines high energy and motivating music to make for a great time!

Every class welcomes new participants. There are always options shown to suit basic or beginner levels and also more advanced training.

Group Fitness Schedule



Centennial Valley Country Club

**Classes Effective November 14th
through January 27th 2017**

Fitness Center Fitness Center Hours

Monday – Sunday

4:00 a.m. to 11:00 p.m.

