

MON	TUE	WED	THU	<p style="text-align: center;">FIT REC EVENING</p> <p style="text-align: center;">OCTOBER 2018 Group Exercise</p>
<p>1 5:30 Accelerate gym 5:30 ZUMBA 6:30 Yoga 6:30 Cycle</p>	<p>2 5:30 Power Pump 6:30 Kick Boxing gym 6:30 Yoga 6:30 ZUMBA</p>	<p>3 5:15 Line Dance 5:30 Accelerate 6:30 Cycle</p>	<p>4 5:30 RIPPED 6 :30 Spartan gym 6:30 ZUMBA 6:30 Yoga</p>	<p>GROUP EXERCISE CLASS DESCRIPTIONS</p> <p>ACCELERATE- is a mix of weights and cardio including Boot camp, HIIT, Tabata, running & ropes workouts for complete workout!</p> <p>CARDIO COMBO-Combination that include various cardio moves, toning, weights, abs & stretch! (formally called Power Pump)</p> <p>DEEP WATER AEROBICS-Meets in the therapy pool. The class focuses on: full range of motion, no impact and core workout</p> <p>INDOOR CYCLE-Instructor will lead you the class in different variations and drills on the bikes. The class is limited to 14 participants.</p> <p>POWER PUMP- is a group weight workout. The class will use 3lb barbells. 2.5, 5 and 10 lb plates can be added. Total Body Workout . Power Pump will meet in the Group Ex Room</p> <p>SPARTAN- Official training program of the Spartan Race. You will run, jump and use your bodies and equipment to train your mind and body. (You do not have to be a Spartan Racer to participate)</p> <p>WATER AEROBICS-Cardio and Strength moves performed in shallow water for a low impact workout.</p> <p>YOGA -These classes will meet in the East Wing Room. The participants will work on breathing, stretching, toning and relaxation. Being barefoot is the preferred "shoe". Yoga mats will be available to use during class.</p> <p>ZUMBA®-This class combines Latin Dance moves Salsa, Merengue, Reggaeton, Cumbia and fitness moves with upbeat music!</p> <p>All classes will be multi-level! All classes can be adjusted to</p> <p style="text-align: center;">703 College Ave, Bluefield, WV 24701; Phone: (304)325-5707;</p>
<p>8 5:30 Accelerate gym 5:30 ZUMBA 6:30 Yoga 6:30 Cycle</p>	<p>9 5:30 Power Pump 6:30 Kick Boxing gym 6:30 Yoga 6:30 ZUMBA</p>	<p>10 5:15 Line Dance 5:30 Accelerate 6:30 Cycle</p>	<p>11 5:30 RIPPED 6 :30 Spartan gym 6:30 ZUMBA 6:30 Yoga</p>	
<p>15 5:30 Accelerate gym 5:30 ZUMBA 6:30 Yoga 6:30 Cycle</p>	<p>16 5:30 Power Pump 6:30 Kick Boxing gym 6:30 Yoga 6:30 ZUMBA</p>	<p>17 5:15 Line Dance 5:30 Accelerate 6:30 Cycle</p>	<p>18 5:30 RIPPED 6:30 Spartan to be announced 6:30 ZUMBA 6:30 Yoga</p>	
<p>22 5:30 Accelerate gym 5:30 ZUMBA 6:30 Yoga 6:30 Cycle</p>	<p>23 5:30 Power Pump 6:30 Kick Boxing gym 6:30 Yoga 6:30 ZUMBA</p>	<p>24 5:15 Line Dance 5:30 Accelerate 6:30 Cycle</p>	<p>25 5:30 RIPPED 6 :30 Spartan gym 6:30 ZUMBA 6:30 Yoga</p>	
<p>29 5:30 Accelerate gym 5:30 ZUMBA 6:30 Yoga 6:30 Cycle</p>	<p>30 5:30 Power Pump 6:30 Kick Boxing gym 6:30 Yoga 6:30 ZUMBA</p>	<p>31 5:15 Line Dance 5:30 Accelerate 6:30 Cycle Please let instructors know if you will be attending</p>		



The Fit Rec Morning October 2018 Group Exercise

SUN	MON	TUES	WED	THU	FRI	SAT
	1 8:45 Cardio Combo 9:00 Yoga 10:00 Water Aerobics	2 6:00 Cycle 9:00 Yoga	3 8:45 BOOM 9:30 Yoga 10:00 No Water Aerobic	4 6:00 Cycle 9:00 Yoga	5 8:45 Power Pump 9:00 Yoga 10:00 Water Aerobics	6
7	8 8:45 Cardio Combo 9:00 Yoga 10:00 Water Aerobics	9 6:00 Cycle 9:00 Yoga	10 8:45 BOOM 9:30 Yoga 10:00 Water Aerobics	11 6:00 Cycle 9:00 Yoga	12 8:45 Power Pump 9:00 Yoga 10:00 Water Aerobics	13
14	15 8:45 Cardio Combo 9:00 Yoga 10:00 Water Aerobics	16 6:00 Cycle 9:00 Yoga	17 8:45 BOOM 9:30 Yoga 10:00 Water Aerobics	18 6:00 Cycle 9:00 Yoga	19 8:45 Power Pump 9:00 Yoga 10:00 Water Aerobics	20
21	22 8:45 Cardio Combo 9:00 Yoga 10:00 Water Aerobics	23 6:00 Cycle 9:00 Yoga	24 8:45 BOOM 9:30 Yoga 10:00 Water Aerobics	25 6:00 Cycle 9:00 Yoga	26 8:45 Power Pump 9:00 Yoga 10:00 Water Aerobics	27
28	29 8:45 Cardio Combo 9:00 Yoga 10:00 Water Aerobics	30 6:00 Cycle 9:00 Yoga	31 8:45 BOOM 9:30 Yoga 10:00 Water Aerobics			