



North Fayette Community Center

Fitness Class Calendar

www.north-fayette.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>12:15-1:15pm</u> Yoga	<u>6:00-7:00pm</u> 20/20/20 <u>7:30-8:30pm</u> Boot Camp	<u>9:00-11:00am</u> Pickle Ball <u>9:15-10:05am</u> Fight Shape <u>6:00-7:00pm</u> INSANITY® <u>7:00-8:00pm</u> Pound/Zumba	<u>6:00-7:00pm</u> PIYO	<u>9:00-11:00am</u> Pickle Ball <u>5:30-6:30pm</u> Yoga <u>6:30-7:30pm</u> Cardio Sculpt/HIIT	<u>9:00-10:00am</u> PIYO <u>9:00-11:00am</u> Pickle Ball <u>5:00-7:00pm</u> Pickle Ball	<u>10:00-11:00am</u> Boot Camp

20/20/20 - Full body workout with 20 minutes of weights, 20 minutes of cardio, and 20 minutes of abdominal work and stretching.

YOGA - A 60-minute practice which helps to elongate and stretch your muscles while improving your balance, relaxing your mind and body through breathing techniques and various poses. Please bring with you positive energy and a yoga mat. Namaste!

BOOT CAMP - Circuit and interval training to test your strength and endurance. Athlete-inspired workout using your body weight as resistance and features core and agility ladder as well. Bring your own mat.

CARDIO SCULPT/HIIT - A combination of energetic cardio and effective body sculpting using body weight, dumbbells, kettle bells, steps, bosu balls, and weighted bars making every class unique, fun and a full body workout. High Intensity Interval Training is a workout that alternates between bursts of activity and fixed periods of less intense activity or rest. Please bring your own mat.

PICKLE BALL - Pickle ball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball (similar to a wiffleball) over a net.

PIYO - A unique blend of strength training and core conditioning – a perfect combination of Pilates and Yoga set to vibrant music. It is all about energy, power and rhythm. This is unlike anything you’ve ever done before. Please bring your own mat.

POUND/ZUMBA - Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

FIGHT SHAPE - A martial arts/boxing fight conditioning based workout. Teaching proper striking with heavy bag and target mitts, as well as cardio & strength training.

KETTLEBELL - The Kettlebell is a cast iron weight resembling a cannonball with a handle used to perform exercises that combine cardiovascular, strength and flexibility training.

INSANITY® - Uses a method called Max Interval Training. It's not your typical interval workout. You'll do cardio and plyometric drills with intervals of strength, power, resistance, and core training. It all happens in long bursts of maximum-intensity exercises with short periods of rest for best results.

CLASS FEES: \$7.00 per class OR purchase a punch card for **ANY 10 classes:** \$40/\$4 a class for members OR \$60/\$6 a class for non-members

Pickle Ball is included in yearly membership to the community center.