

3919 Lafayette Road (Located in Lafayette Square Mall Food Court Area)

Group Exercise Classes, Personal Training, Group Training, Weight-loss Programs, Wellness Coaching, Nutrition Coaching and Venue Rental

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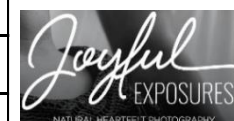
CLASS COST: \$4-\$8 or Passes: \$115/20, \$63/10, \$32/5

MIND BODY (Yoga): \$10/session or Passes \$47/5, \$92/10

\$4 (Senior Citizen/Student) Verification Required/Rules apply



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Zumba w/Tamyra 10-10:45am, \$5	Silver & Gold w/Shelley 10-10:45am, \$4	\$5 WOW \$5 ↓	Zumba w/Tamyra 10-10:45am, \$5		FHIIT Camp w/Gena B 8-8:50am, \$7	
Zumba w/Joyce 5:30-6:30pm, \$7	FHIIT CAMP w/Pat 5:30-6:20pm, \$7	Zumba w/Joyce 5:30-6:15pm, \$5	Silver & Gold Toning w/Shelley 11-11:45am, \$4		Hip Hop Cardio Kick w/Jen 9-10am, \$7	Zumba Sentao w/Dee 3-4:00pm, \$7
All Of It Twerk & Werk w/Gena B & Hazel 6:30-7:30pm, \$7 Bring A Mat	Zumba w/Hazel 6:30-7:30pm, \$7	Hip Hop Cardio Kick w/Jen 6:15-7:00pm, \$5	FHIIT CAMP w/Pat 6-6:50 pm, \$7	Bounce w/Deborah 6:45-7:45pm Main Studio \$8/Class (no passes) \$7/Boot Rental Pre-registration Suggested	Zumba 10-11am, \$7 Tamyra	Yoga w/Hope 4-5:00pm \$10 Drop-in Bring A Mat Mind Body Pass Available
Line Dance w/Deitra 7:30-8:30pm, \$5		Sexy Chair Fitness w/Dee 7:00-7:45pm, \$5	Zumba w/Joyce 7pm, \$7			
Elastic Lab w/Darius 7:30-8:15pm, \$7						



Gympass

CLASS DESCRIPTIONS

All Of It (Medicine Ball, Butt & Gutt)

Cardio, strength, toning & class using a medicine ball. This class focuses on movements and exercises that will BURN FAT, build your booty, tighten your gutt, and target your TROUBLE AREAS. If you are looking for a high energy class that will give your body "all that it needs", this is the class for you!

Bounce

Bounce (Kangoo Jumps) is an energetic, fun and motivating aerobic program taught to music, for all fitness levels. It offers more benefits than any other popular group fitness program because Kangoo Jumps rebound shoes act as a shock absorber to reduce impact.

Elastic Lab

This stretch class is designed by a certified personal trainer. This class will increase total body elasticity. Stretching can minimize pain and improve function. Stretching also helps improve your range of motion. This class is highly recommended for people who do weight training and endurance sports.

FHIIT Camp: (Studio G version of Boot Camp)

This class mixes body weight exercises with interval training and strength training. These workouts are designed for all fitness & skill levels. Great class for weight loss. Be ready to do a series of low- to high-intensity workouts intermixed with rest periods.

Hip Hop Cardio Kick

This class is a mix of hip hop moves and martial arts. This cardio workout will help you improve endurance and coordination. Punch, kick, jab, upper cut, and shake it up to the latest Hip Hop songs. This workout will challenge your stamina and coordination.

Line Dance

Come with your dancing shoes and be prepared to bust a move! New dances as well as current favorites are taught. Every step you learn in this class can and WILL be seen on the dance floors of parties and clubs. This is not just a workout, its a instruction on "how to be the life at any party or event".

Sexy Chair Fitness

Flirtatious fitness style class using the chair as a prop. This class will make you grind, twirl, sweat and feel sexy doing it. Tone your legs, thighs, abs, hips and butt while learning sexy chair fitness routines.

Silver & Gold

Low Impact cardio and toning class. Specifically for active older adults, beginner participants and other special populations that may need modifications for success. This class incorporates gentle exercise with an active warm-up, chair and standing work, stretching and strengthen to promote flexible joints, stronger muscles, and healthier backs. Come out and get your workout in to some of the best music from the 60's, 70's and 80's.

Silver & Gold TONING

This **class** focuses on muscle **toning**, strength & Balance. This class is designed to improve muscular strength, endurance, flexibility and balance.

Yoga

This class introduces foundational yoga postures, teaches you how to breath and helps you feel more comfortable in the yoga practice.

Zumba

Latin-inspired dance workout. You don't need to be a great dancer to feel welcome in a Zumba class. Come and shake it up to the tunes of Salsa, Raggeaton, Merengue, Hip Hop, Cumbia AND MORE. This workout is more of a dance party than a workout!

Zumba Sentao

This class is a great all over body toning workout using a chair. Zumba Sentao™ combines strength and resistance exercises with dance moves on and around a chair. The class still has the Zumba® party dance rhythms and international flavours.