



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Liberty County Group Fitness December 2017 Schedule


Please notice our special holiday class schedule listed below

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM	ANYTHING GOES (Karen/Kame)		ANYTHING GOES (Karen/Kame)		ANYTHING GOES (Karen/Kame)	
8:45AM	SPIN (NINA) SPIN STUDIO	YOGA (MIN HI)	CARDIO SCULPT (NATALIE)	TABATA SPIN (ALCINE) SPIN STUDIO	YOGA (NINA)	YOGA (AEROBICS STUDIO)
	YOGA (HEATHER)			YOGA (MIN HI)		
9:45AM	H.I.I.T (MISTY)	R.I.P.P.E.D® (ALCINE)	H.I.I.T (LINDSAY)	F.A.X.T (ALCINE)	R.I.P.P.E.D® (ALCINE)	ZUMBA® (TINA)
10:45AM	ZUMBA® (LORIE)	ZUMBA® (LeNESHA)	ZUMBA® (LORIE)	PILOXING® (LORIE)	ZUMBA® (LORIE)	
5:00PM	YOGA (LIZ)	STEP ABOVE (KAME)			<b>Dec. 18<sup>th</sup> – Aerobics holiday schedule begins. We will be hosting only one morning class and one evening class. Dec. 23<sup>rd</sup> – No child watch and no classes Dec. 24<sup>th</sup> – Closed. Dec. 25<sup>th</sup>– Closed. Dec. 26<sup>th</sup>– No child watch and no classes. Dec. 31<sup>st</sup>– Closed Jan. 1<sup>st</sup>– Closed.</b>	
6:00PM	H.I.I.T (BIRRANDA)	YOGA (STACY)	R.I.P.P.E.D (ALCINE)	ZUMBA® (MARGIT)		
7:00PM	ZUMBA® (MARGIT)	ZUMBA® (TINA)	ZUMBA® (LeNESHA)	ZUMBA® (EKTA)		



Holiday class schedule effective Dec 18th-30th.



9:45am	YOGA (NINA)	ZUMBA® (LENESHA)	R.I.P.P.E.D® (ALCINE)	PILOXING® (LORIE)	CARDIO SCULPT (NATALIE)	ZUMBA® (TINA)
6:00pm	ZUMBA® (LENESHA)	R.I.P.P.E.D (ALCINE)	YOGA (STACY)	F.A.X.T (ALCINE)	 <b>HAPPY HOLIDAYS</b>	

ALL FITNESS CLASSES ARE WELCOME TO WOMEN AND MEN OF ALL AGES  
CLASSES ARE USUALLY 45-60 MINUTES UNLESS NOTED OTHERWISE

**H.I.I.T:** High Intensity Interval Training. An Exercise strategy alternating short periods of intense anaerobic exercise with less intense active recovery periods.

**STEP ABOVE:** Kame will push you with an alternating step aerobics and resistance class. The exercises give you an excellent, all-around workout in record time. Class concludes with abdominals.

**Fat Annihilation Cross Training:** Train your body to become a lean mean fitness machine using metabolic training. This circuit based class will boost your metabolism & specifically target fat rather than just burning calories. F.A.X.T will not only burn fat during training but will continue to increase the body's ability to burn fat for up to 48 hours after. (H.I.I.T.)

**YOUTH YOGA:** Yoga for children has been shown to increase focus, self-esteem and anxiety, in all aspects of their lives; as well as increase their physical strength and flexibility. This class incorporates a variety of breathing techniques and poses in a fun and relaxed.

**YOGA: WHY YOGA???** Yoga increases flexibility, decreases stress levels, improves cardiovascular health, improves fat burning, increases your strength, improves circulation, increases mental focus, and creates inner peace. All these are reasons to try it.

**ZUMBA®:** Join the party! Zumba® fuses Latin, international and world-beat music with easy-to-follow steps

**CARDIO STRENGTH MIX:** With a healthy mix of both cardio and strength, This class provides all the components for a full body workout. (H.I.I.T.)

**CARDIO SCULPT:** This class includes intervals of STEP and strength exercises. Natalie will challenge you in the aerobics room with intervals of weight training, core, cardio, and endurance training.

**ANYTHING GOES:** Instructors Kame and Karen put you through a great fitness regimen alternating step aerobics and resistance exercises give an excellent, all-around workout first thing in the morning.

**PILOXING:** A non-stop, cardio fusion of standing pilates, boxing and dance that will push you past your limits for a sleek and powerful you!

**SPINSANITY/BIKE TYSON/ TABATA SPIN:** Spin studio is located upstairs. Obtain your bike pass from the front desk and enjoy the ride. Prepare for a 45 minute spin session that will push your cardio endurance and put little impact on your joints.

**R.I.P.P.E.D:** A fitness program that encompasses all aspects of physical fitness which R.I.P.P.E.D. is an acronym for: Resistance, Interval, Power, Plyometrics, Endurance and Diet. The first five components are taught in a 50 minute class, while the last component, Diet, can be found on the website.