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## January GROUP FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 CLOSED! 	2 830 Step It Up-Susan 940 Sculpt-Susan  430 Ride & Roll-Slater	3 805 Long Ride-Howard 910 X-Train-Kim 1015 Power Yoga-Helen
4	5 830 SAG-Slater 940 YOGA-Helen  430 Long Ride-Laura 530 Boot Camp-Kim	6 900 Give It A Try-Kim  430 Sculpt-Slater 630 Yoga-Debbie	7 600 Rise & Shine-Slater 830 Step It Up-Susan 940 Ride & Roll-Joan  430 Ride & Roll-Slater 530 Sculpt-Slater	8 900 Yoga-Helen  430 Instructor's Choice-Margaret 535 Pilates-Margaret	9 830 Step It Up-Susan 940 Sculpt-Susan  430 Ride & Roll-Slater	10 805 Long Ride-Howard 910 X-Train-Faye 1015 Power Yoga-Helen
11	12 830 SAG-Kim 940 YOGA-Helen  430 Long Ride-Joan 530 Boot Camp-Kelli	13 900 Give It A Try-Kim  430 Sculpt-Laura 630 Yoga-Debbie	14 600 Rise & Shine-Jessica 830 Step It Up-Susan 940 Ride & Roll-Joan  430 Ride & Roll-Joan 530 Sculpt-Kevin	15 900 Yoga-Helen  430 Instructor's Choice-Laura 535 Pilates-Margaret	16 830 Step It Up-Susan 940 Sculpt-Susan  430 Ride & Roll-Joan	17 805 Long Ride-Howard 910 X-Train-Jessica 1015 Power Yoga-Helen
18	19 830 SAG-Joan 940 YOGA-Helen  430 Long Ride-Laura 530 Boot Camp-Kim	20 900 Give It A Try-Kim  430 Sculpt-Joan 630 Yoga-Debbie	21 600 Rise & Shine-Jessica 830 Step It Up-Susan 940 Ride & Roll-Joan  430 Ride & Roll-Laura 530 Sculpt-Kevin	22 900 Yoga-Helen  430 Instructor's Choice-Margaret 535 Pilates-Margaret	23 830 Step It Up-Susan 940 Sculpt-Susan  430 Ride & Roll-Howard	24 805 Long Ride-Howard 910 X-Train-Faye 1015 Power Yoga-Helen
25	26 830 SAG-Slater 940 YOGA-Helen  430 Long Ride-Joan 530 Boot Camp-Kelli	27 900 Give It A Try-Kim  430 Sculpt-Laura 630 Yoga-Debbie	28 600 Rise & Shine-Slater 830 Step It Up-Susan 940 Ride & Roll-Joan  430 Ride & Roll-Joan 530 Sculpt-Kevin	29 900 Yoga-Helen  430 Instructor's Choice-Laura 535 Pilates-Margaret	30 830 Step It Up-Susan 940 Sculpt-Susan  430 Ride & Roll-Slater	31 805 Long Ride-Joan 910 X-Train-Jessica 1015 Power Yoga-Helen

## CLASS DESCRIPTIONS

Our mission at Coastal Fitness is to help you reach your fitness goals in an environment that is safe and fun. We offer a variety of classes that can provide you with a well-balanced and effective workout program designed to improve cardiovascular conditioning, muscle strength, and flexibility. Classes are designed to meet a variety of fitness levels but each may be modified to help meet your needs. If you need help modifying any classes, or planning your program, please consult one of our instructors.

**Boot Camp** - Are you up for a challenge? Workouts include cardiovascular, speed, endurance, partner resistance, strength training, dumbbells, balls, and bars. Plyometrics, box drills, and the standard military press can be expected! BRING IT ON!

**Sculpt** - Increases muscle tone and definition using free weights, bands, balls, and body bars.

**Step It Up** - A great cardio and fat burning workout that infuses intervals of step, double step, floor aerobics, and/or resistance training.

**Instructor's Choice** - Sculpt, step, core work, cardio intervals and much more. Basically, whatever the instructor wants to do!

**Rise & Shine** - Start your day out right! Come on out on Wednesday and Friday mornings at 6 am for a Group Fitness Training! You will start out in the spin room and finish up with strength and core conditioning.

**X-Train** - This high energy class infuses step, traditional aerobics, resistance training, and core work into one action packed workout!

**SAG (Spin, Abs, Glutes)** - This class is a great way to combine a cardio workout with exercises that target the abs and glutes! Great class for beginning spinners too!

**Sculpt & Ride** - 45 minutes of each of your favorite classes! Come for one part or stay for both!

**Give It A Try** - 20 minutes of three different classes! Come TRY spin, pilates and weights OR strength machines, yoga and abs OR Cardio machines, step and bootcamp! The possibilities are endless!! Suggestions are made at the beginning of class so it will be different every week!

**Long Ride** - 60 minutes of heart pumping group cycling! A great way to develop your cardiovascular stamina and strength. Not recommended for first timers!

**Ride and Roll** - 45 minutes of group cycling followed by core work on the stability ball! Perfect combination!

**Yoga** - An ancient form of movement designed to create a mind/body/soul connection that improves balance, strength and flexibility.

**Mat Pilates** - A total body conditioning workout, utilizing the core muscles that give you the stretching benefits of yoga along with great muscle tone of a strength workout.