

# FIVE POINTS FITNESS

**Zumba:** Fuses hypnotic Latin rhythms & easy to follow moves for a one of a kind fitness program that will blow you away!

**TRX:** Build your core strength & endurance, improve your balance, increase your flexibility & have fun doing it!

**Bootcamp:** A high intensity workout to increase strength & cardiovascular endurance. Build muscle, tone & burn fat!

**In Alignment:** Core strength training combined with postural assessment. Realign through movement to relieve your aches & pains.

**Cardio, Core & More:** Challenge major muscle groups in this cardiovascular and strength training workout. Abdominal conditioning and stretches end the class.

**Mat Pilates:** Floor based Pilates exercises emphasize core/abdominal & back strength. Steady controlled movements develop balance and posture while toning muscles.

**Power Hour:** Total body, heart pumping, aerobic & strength conditioning workout. Short intervals of max effort followed by longer intervals of low or medium intensity.

**Yoga:** Chose from Slow Flow, Iyengar, Prana or Hatha to improve breathing & posture.

**Spinning:** Classes take you through hill climbs, sprints, pacing & intervals for an energetic cardiovascular workout.

**Tabata:** Build muscle & burn fat by alternating 20 seconds of high intensity & 10 seconds of rest by working at 100% effort at your own level.

**SHRED IT UP:** A high-intensity interval plyometric-based workout uses a bench, DBs, KBs, and agility ladder. It combines explosive jumping exercises with agility exercises to build a lean body.



## GROUP EXERCISE SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>*FBF Compu</b> 6:00 - 7:30am Matt	<b>TRX</b> 6:30 - 7:15am Hope	<b>*FBF Compu</b> 6 - 7:30am Matt	<b>*FBF Compu</b> 6 - 7:30am Felicity	<b>*FBF Compu</b> 6:00 - 7:30am Ritch	<b>Spinning</b> 7:30 - 8:30am Lynnette	<b>Hatha Yoga</b> 11:00am - 12:30pm Jude
	<b>Spinning</b> 6:30 - 7:30am Mary	<b>*FBF Compu</b> 7:00 - 8:30am Felicity	<b>Spinning</b> 6:30 - 7:30am Mary	<b>TRX</b> 6:30 - 7:15am Hope	<b>Spinning</b> 6:30 - 7:30am Lynnette	<b>Core Fusion</b> 8:50 - 9:50am Olivia	<b>NEW!</b> <b>Complete Core Fusion</b> Target your complete core: Abs, back & glutes. Build strength utilizing yoga pilates, bar, bands & tabata intervals. All levels welcome!
	<b>Mat Pilates</b> 8:00 - 9:00am Sutat	<b>Tabata</b> 9:00 - 9:45am Lauren	<b>Iyengar Yoga Plus</b> 8:30 - 9:35am Christa	<b>Tabata</b> 9:00 - 9:45am Lauren	<b>Mat Pilates</b> 8:30 - 9:30am Sutat	<b>Bootcamp</b> 10:00 - 10:55am Kristina	
	<b>Iyengar Yoga Plus</b> 9:00 - 10:15am Christa	<b>Spinning</b> 9:30 - 10:30am Michael	<b>Zumba!</b> 9:40 - 10:40am Rommy	<b>Spinning</b> 9:30 - 10:30am Michael	<b>Spinning</b> 9:30 - 10:30am Rudy	<b>Prana Yoga</b> 11:10am - 12:30pm Sutat	<b>NEW!</b> <b>Salsa-Reggae Dance</b> Mixes traditional & pop music from Cuba, Puerto Rico and Columbia. Includes low-high progressive choreography for all dance & fitness levels. Free until January, then \$7
	<b>Zumba</b> 10:30 - 11:30am Rommy	<b>Cardio, Core &amp; More!</b> 9:55 - 11:05am Syndee	<b>Mat Pilates</b> 10:45 - 11:45am Sutat	<b>Cardio, Core &amp; More!</b> 9:55 - 10:55am Syndee	<b>Zumba</b> 9:30 - 10:30am Fernanda	<b>*Accelerate Youth</b> 1:00 - 1:30pm Adam	
	<b>TRX</b> 12:00 - 12:50pm Andre	<b>Stability &amp; Mobility</b> 11:10am - 12:00pm Sutat	<b>TRX</b> 12:00 - 12:50pm Andre	<b>Prana Yoga</b> 11:00am - 12:15pm Sutat	<b>Hatha Yoga</b> 10:30am - 12:00pm Jude		<b>NEW!</b> <b>Latin-Flow Dance</b> Very similar to Zumba but with an added twist! Free until January, then \$7
	<b>In Alignment</b> 5:00 - 6:00pm Jude	<b>Slow Flow Power Yoga</b> 5:00 - 5:55pm Olivia	<b>In Alignment</b> 5:00 - 6:00pm Jude	<b>Stability &amp; Mobility</b> 5:00 - 6:00pm Sutat	<b>Slow Flow Power Yoga</b> 5:00 - 5:55pm Olivia		
	<b>Power Hour</b> 6:10 - 7:00pm AJ	<b>*Accelerate Youth</b> 5:10 - 6:10pm Adam	<b>Salsa-Reggae Dance</b> 6:15 - 7:10pm Efren	<b>*Accelerate Youth</b> 5:10 - 6:10pm Adam	<b>Latin-Flow Dance</b> 6:15 - 7:10pm Efren		Hours: M-F: 5am to 10pm Saturdays: 6am to 8pm Sundays: 7am to 8pm
	<b>*Shotokan Karate</b> 7:00 - 8:30pm Nicolo	<b>Spinning</b> 5:30 - 6:30pm Michael	<b>*FBF Compu</b> 6:30 - 8:00pm Felicity	<b>Spinning</b> 5:30 - 6:30pm Michael	<b>*Shotokan Karate</b> 7:15 - 8:30pm Nicolo		
		<b>SHRED IT UP</b> 6:05 - 7:00pm Kristina	<b>*Shotokan Karate</b> 7:15 - 8:30pm Nicolo	<b>Power Hour</b> 6:10 - 7:00pm AJ			<b>*Special class package</b>
							<b>Updated Jan. 2019</b>

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