

June 2018

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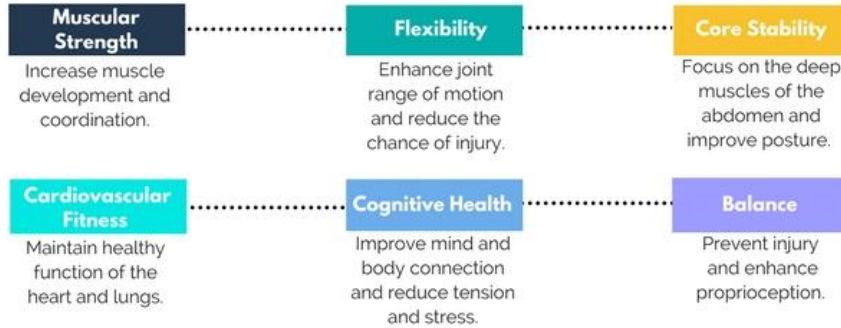
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|-----------------|----------------------|---------------------|----------------------|-------------------------|----------------------|------------------|
| | 5:30am Cycle | 5:15am HIIT | 5:30am Cycle | 5:30am Cycle | 5:15am Insanity | |
| | | 6am BodyPump | | 5:45am Yoga I | 6am BodyPump | |
| 7:15am Cycle | 8:15am Cycle | | 8:15am Bootcamp | | | 7:15am Treadmill |
| 8am BodyPump | 8:30am Resist-a-Ball | 8:30am Yoga I | 8:30am Step | 8:15am Cycle | 8:15am PiYo Strength | 8am Cycle |
| | | | 9am Cycle | 8:30am Yoga II | 8:15am Cycle | 8:15am Bootcamp |
| | | | | 8:30am Tread and Sculpt | | |
| | | | | | | 9:15am Cycle |
| 9am Floor Barre | 9:30am BodyPump | 9:30am Cycle | 9:30am Yin Yoga | 9:30am BodyPump | 9am HIIT | 9:30am Zumba |
| | | 9:35am BodyPump | | | | |
| 10am Yoga II | | | | | 10am Yoga II | |
| | 10:30am Floor Barre | | 10:30am Pilates | 10:30am Core de Force | | 10:30am Yoga II |
| | | 10:30am Tai Chi Fit | | | | 11:30am BodyPump |
| | | | | | | |
| | 4:30pm Zumba | 4:30pm Yoga II | 4:30pm Zumba | | | |
| | 5:30pm Cycle | 5:30pm Cycle | 5pm Cycle | 5pm 30min HIIT | 5pm Yoga II | |
| | 5:30pm HIIT | 5:30pm BodyPump | 5:30pm Treadmill | 5:30pm Bootcamp | | |
| | | 5:30pm Bootcamp | 5:45pm Barre Express | 5:30pm Barre to Bike | | |
| | 6:30pm BodyPump | 6:30pm Zumba | | 6pm Zumba | | |
| | | | 6:30pm BodyPump | | | |
| | | 7:30pm Floor Barre | | 7pm Yoga I | | |

EDGEWATER FITNESS GROUP EXERCISE



Floor Barre **MS FLEX C**

Use the principles of ballet to sculpt your body with long lean muscle, with a class performed entirely on the floor.

PiYo **FLEX C CH B**

A unique 45-minute core-strengthening workout inspired by Yoga and Pilates. This dynamic, rhythmic flow builds strength and flexibility.

Insanity **C CAR**

Take intensity to an extreme with this strength and cardio based workout that will target all of your major muscle groups to burn fat and max out endurance.

Step **CAR**

Using an adjustable step, this class incorporate choreographed exercise routines that offer a low impact workout with high cardiovascular results.

Les Mills BODYPUMP **MS CAR**

A choreographed, full-body workout using barbells and classic strength training moves to challenge all your major muscle groups.

Resist-a-Ball **MS C CAR**

This cross-training class uses a ball and weights to create resistance which will improve muscular strength and cardiovascular fitness.

Bootcamp **MS C CAR B**

An endurance-based workout that mixes calisthenics and bodyweight exercises to shred fat, define muscle, and enhance athletic performance.

Zumba **CAR**

Upbeat music and easy to follow dance moves combine to create this powerful and dynamic workout that will blow you away.

Cardio & Sculpt **MS C CAR**

Keep your body guessing with a fast-paced boot camp/body sculpt style class that is excellent for any fitness level.

Tai Chi Fit **C B CH**

Looking for stress relief? Look no further than this graceful practice often described as meditation in motion.

Treading **CAR**

Test your strength and endurance with a sequence of intervals, sprints, and more. This cardio workout will burn calories and get your heart racing.

HIIT **MS C CAR**

A boot camp style class that alternates between periods of short, intense exercise and recovery. Great for those looking for a tough workout!

Tread & Sculpt **MS CAR**

Similar to our classic tread class, but with an added twist of a 30-minute full body strength training sequence to create lean muscle.

Total Core **C**

A 30-minute class that will focus entirely on sculpting your abdominal muscles and stabilizing the supportive muscles in your lower back.

Cycle **CAR**

Bring your cycle workout indoors and bike hills, peaks, and flats to the beat of powerful music. Tone your legs and burn calories fast!

Cycleates **FLEX C CAR**

30 minutes of an invigorating cardio workout followed by 30 minutes of a lengthening and strengthening Pilates series.

Yoga I **FLEX CH B**

(Yin Yoga & Sunrise Yoga) A gentle approach to yoga, designed for all levels and focusing on alignment and breath to renew and restore.

Yoga II **MS FLEX C CH B**

(Vinyasa Yoga & Power Yoga) Connect postures to breath as you move through standing and balance series that create a dynamic flow.

Core de Force **CAR C B**

A mixed martial arts-inspired workout designed to slash inches off of your waist, blast belly fat, and create total body definition - no equipment needed!

**EDGEWATER
FITNESS**