

# July 2018

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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	8:30am TRX (\$)	8:15am Bootcamp			7:15am Treadmill
8am BodyPump	8:30am HIIT	8:30am Yoga I	8:30am BodyStep	8:15am Cycle	8:15am PiYo Strength	8am Cycle
			9:30am 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
		9:30am BodyPump				
10am Yoga II					10am Yoga II	
	10:30am Zumba		10:30am Pilates	10:30am Core de Force		10:30am Yoga II
		10:30am Functional Fitness				11:30am BodyPump
					12pm TRX Athletic Training (\$)	
	4:30pm Zumba	4:30pm Yoga II	4:30pm Zumba			
	5:30pm Cycle	5:30pm Cycle	5:30pm Cycle		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 BodyStep		
			6:30pm BodyPump	7pm Yoga I		
		7:30pm Floor Barre				

**EDGEWATER  
FITNESS**

# 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!

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