

October 2018

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	5:30am Cycle	5:15am HIIT	5:30am Cycle	5:30am Cycle	5:15am Insanity	
		6am BodyPump	6:30am Yoga	5:45am Yoga I	6am BodyPump	
7:15am Cycle	8:30am Cycle	8:30am TRX (\$)	8:15am Bootcamp			7:15am Treadmill
8am BodyPump	8:30am HIIT	8:30am Yoga I		8:15am Cycle	8:15am PiYo Strength	8am Cycle
			9:30am Cycle	8:30am Yoga II	8:30am 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 Functional Fitness	10:30am Pilates	10:30am Functional Fitness		10:30am Yoga II
						11:30am BodyPump
	12pm Pilates				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

Muscular Strength

Increase muscle development and coordination.

Flexibility

Enhance joint range of motion and reduce the chance of injury.

Core Stability

Focus on the deep muscles of the abdomen and improve posture.

Cardiovascular Fitness

Maintain healthy function of the heart and lungs.

Cognitive Health

Improve mind and body connection and reduce tension and stress.

Balance

Prevent injury and enhance proprioception.

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.

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.

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.

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!

BodyStep **CAR**

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

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.

Les Mills BODYPUMP **MS CAR**

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

Functional Fitness **MS FLEX C**

Focus on the fundamentals of exercise with low-impact strength and flexibility training. This class is excellent for injury prevention and recovery.

Bootcamp **MS C CAR B**

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

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!

Zumba **CAR**

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

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.

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.

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**