

# January 2019

## S

## M

## T

## W

## TH

## F

## S

	5:30am Cycle	5:15am HIIT	5:30am Cycle	5:30am Cycle	5:15am Insanity	
		5:30am SPRINT				
		6am BodyPump	6:30am SPRINT	5:45am Yoga I	6am BodyPump	
7:15am Cycle	8:30am Cycle	8:30am TRX (\$)	7am Yoga			7:15am Treadmill
8am BodyPump	8:30am HIIT	8:30am Yoga I	8:15am Bootcamp	8:00am SPRINT	8:15am PiYo Strength	8am Cycle
			9:30am Cycle	8:30am Yoga II	8:30am SPRINT	8:15am Bootcamp
				8:30am Tread and Sculpt		
9am SPRINT						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 Barre	10:30am Functional Fitness	10:30am Pilates	10:30am Functional Fitness		10:30am Yoga II
		10:30am SPRINT		10:30am SPRINT		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		5pm SPRINT	
		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.

### SPRINT **CAR**

This 30-minute indoor cycle class will push you to your limits with short bursts of high intensity interval training and very little impact

**EDGEWATER  
FITNESS**