

SPRING BREAK DROP-IN CLASSES

We will be offering free drop-in fitness classes over spring break. Try a new class or come to all of them! We will be accepting donations of 1-2 cans of non-perishable food per class for the local food bank. Classes include:

Sunday, March 14

1:00 pm – Zumba (Nancy): Ditch the workout and join the party! Zumba is a Latin based group fitness class that combines amazing, international music with fun exercise moves!

Monday, March 15

10:15 am Spif Fusion (Marilyn): Your favorite Spif classes with the added bonus of strength, cardio and yoga all fused together.

12:10 pm – Power Pump (Nancy) Increase metabolism and burn more calories all day long with this unique strength training class!

5:30 pm – Zumba (Nancy and Kara): Ditch the workout and join the party! Join us for this amazing fun Latin based group fitness class in the gym.

5:30 pm – Kick ‘N Strength (Irene): This cardio class incorporates kickbox and strength moves for a dynamic workout!

6:30 pm – Power Pump (Stacey): Increase metabolism and burn more calories all day long with this unique strength training class!

Tuesday, March 16

9:10 am – Power Pump (Kara): Increase metabolism and burn more calories all day long with this unique strength training class!

4:30 pm – Power Pump (Nancy): Increase metabolism and burn more calories all day long with this unique strength training class!

5:30 pm- Step Interval (Jodi): The best of both worlds! This class combines cardio and strength intervals with basic stepping choreography.

6:30 pm - Fusion Fitness (Irene): A Pilates, yoga blend class that will focus on core strength, alignment, breath and balance.

Wednesday, March 17

9:10 am – Spif Strength (Julie): A strength training class utilizing all the equipment spif style!

5:30 pm Step 101/Body Design (Katherine): This basic step class is geared for those who are new to step aerobics followed by a basic strength training workout.

5:30 pm – Zumba (Nancy): Ditch the workout and join the party! Join us for this amazing fun Latin based fitness class in the gym!

6:30 pm – Yoga (Chris): Develop body awareness and learn basic postures and alignment

Thursday, March 18

9:10 am – Zumba (Nancy): Ditch the workout and join the party! Join us for this amazing fun Latin based group fitness class!

10:15 am – Gentle Yoga (Marilyn): Increase your flexibility and well being in this Gentle Yoga class.

12:10 pm Pilates (Nancy): Stretch, strength and lengthen muscles to improve flexibility, posture and core strength.

4:30 pm - Power Pump (Chris): A great unique strength training class!

5:30 pm – Total Body Conditioning (Kara): Combine full-body resistance training with continuous cardio training in this athletic workout!

6:30 pm – Cardio Kickbox (Emily): This high intensity workout combines kickbox moves with strength for a full body workout!

Saturday, March 20

8:00 am – Cardio Blitz (Stacey): Blitz your Cardio with strength and cardio intervals in this fun class. The perfect blend of sculpting and cardio to start your weekend right!

9:10 am – Power Pump (Chris): A great unique strength training class!