
























# FITNESS ZONE CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am  pilates					
8:30am  Yoga	8:30am  <b>HIIT</b> HIGH INTENSITY INTERVAL TRAINING	8:30am <b>LES MILLS</b> <b>BODYPUMP®</b>	8:30am  <b>SPINNING.</b>	8:30am <b>LES MILLS</b> <b>BODYPUMP®</b>	8:00am  YOGA
9:30am  <b>SPINNING.</b>	9:30am  <b>Silver Sneakers</b> FITNESS	9:40am  <b>Silver Sneakers</b> FITNESS	9:30am  <b>Silver Sneakers</b> FITNESS		9:00am  <b>ZUMBA®</b>
	10:30am  <b>Silver Sneakers</b> FITNESS	10:30am  <b>Silver Sneakers</b> FITNESS	10:30am  <b>Silver Sneakers</b> FITNESS		
4:15pm  <b>SPINNING.</b>		4:15pm  <b>SPINNING.</b>			
5:30pm <b>LES MILLS</b> <b>BODYPUMP®</b>	5:30pm  Step Aerobics	5:30pm  Cardio Sculpt	5:30pm  Yoga	5:45pm  <b>ZUMBA®</b>	
6:45pm  <b>ZUMBA®</b>	6:45pm  <b>ZUMBA®</b>	6:45pm  <b>ZUMBA®</b>	6:30pm  <b>ZUMBA®</b>		

**CHILD CARE AVAILABLE! Mon-Sat: 8am-11am**

**GYM HOURS: Monday - Thursday: 5am – 9pm / Friday: 5am – 8pm / Saturday: 7am – 6pm / Sunday: 12pm – 6pm\***

803-438-3811 / [www.fitnesszonelugoff.com](http://www.fitnesszonelugoff.com) / FB: The Fitness Zone

## Class Descriptions

**Pilates:** A one hour class designed to improve flexibility, build strength and develop control and endurance in the whole body. It puts emphasis on alignment, breathing, developing a strong **core**, and improving coordination and balance. Get your day and week started right with this Monday morning class!

**Yoga:** A 45 minute Hatha style yoga class. It is intended to improve muscle strength, endurance and flexibility, as well as improve balance. You'll feel refreshed at the end of this class, but don't mistake that for lack of work! Everyone from beginners to advanced will feel challenge, and are welcome!

**Spinning:** A 45 minute high-intensity cardio exercise class using a stationary exercise bicycle. Not able to run or not ready for a choreographed class? Come to spin class, where you'll get a fantastic guided workout on a stationary bike! Beginners may want to bring a seat cushion or extra towel for seat padding until you get used to the seat. *But don't let that stop you!* This class will make your heart pound and you'll feel exhilarated when it's done.

**Les Mills' Body Pump:** The original weights class that builds strength, tones your body and pushes you to the limit every time. A 60 minute workout challenges all major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weights inspire you to get the results you came for – and fast! This class usually fills up quick, so you may want to get here early for this one to reserve you a spot. It's a member favorite!

**Zumba:** A one hour dance fitness program which involves dance and aerobic elements. The choreography incorporates hip-hop, soca, samba, meringue and mambo! This class is not only a great aerobic workout but it's A LOT fun! Grab some friends and head out to Zumba night!

**Silver Sneakers:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**Step Aerobics:** A one hour aerobic class that utilizes a step and risers and choreography to music for a 30-40 minute aerobic workout. After the cardio portion, you'll do abs and stretching to round out your workout. Ready to have a great cardio workout, but you dread a treadmill? This class is for you!

**Cardio Sculpt:** This one hour class is an entire body workout, consisting of 30 minutes of interval cardio and strength training exercise. That is followed by abs and flexibility work. This class is designed to improve your cardio endurance, muscle strength and endurance, and flexibility: all in one class!

**HIIT:** A 45 minute class of High Intensity Interval Training. HIIT training combines intervals of alternating high intensity cardio and strength training, to improve lean muscle mass and cardio endurance. Interval training has been proven to also improve your caloric burn for hours after class!

All classes are designed to be attended by people of all fitness levels, from beginners to advanced. If you are a beginner in a class for the first time, please let the instructor know. There will be modifications shown for **all fitness levels** to be comfortable in **all classes**! The goal is for our members to improve their fitness in an environment that promotes healthy competition, but in a non-judgmental atmosphere where *everyone feels welcome*. Come give us a try!

\* *Childcare fees: Per month, pay via automatic draft: \$25 for 1 child; \$30 for 2 or more. Pay as you go (per day / cash): \$2.00 for 1 child; \$3.50 for 2 or more.*