



**CLUB HOURS:** Mon-Thur 5am-9pm, Fri 5am-8pm, Sat 6am-5pm, Sun 7am-5pm  
 (508) 540-8896

# Falmouth Schedule April 7, 2015

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 am							
8:15 am			<b>Kickboxing</b> Teresa	<b>YOGA</b> Michele	<b>ZUMBA®</b> NATALIE		<b>YOGA</b> Ingrid <span style="color: red;">8:30</span>
9:15 am		<b>ZUMBA®</b> Natalie	<b>PILATES</b> HOLLY	<b>ZUMBA®</b> Nancy	<b>BELLS, BALLS &amp; BANDS</b> Nicole	<b>20/20/20</b> Theresa	<b>ZUMBA®</b> Nancy/Natalie <span style="color: red;">9:30</span>
10:30 am							
4:30 pm		<b>POWER SCULPT</b> Theresa					
5:30 pm		<b>YOGA</b> Ingrid	<b>ZUMBA®</b> Nancy	<b>MIND BODY YOGA</b> <span style="color: red;">(new)</span> Alex	<b>CARDIO SCULPT</b> KRISTY		



## CLUB HOURS:

Mon – Thurs: 5am-9pm

Friday: 5am-8pm

Saturday: 6am-5pm

Sunday: 7am-5pm

## Group Class Description

**CARDIO SCULPT:** A combination of cardio, muscle and abs in a series of blocks to increase stamina, strength & total body conditioning.

**ZUMBA®:** Let the dance party begin! Come and dance to Latin and world beats while burning calories. Geared to all levels, this super FUN class will make you smile and sweat. This is a class you simple CAN'T MISS!

**PILATES:** Strengthen and lengthen your core. Improve the “power house” of the body, while creating balance, endurance and a longer, leaner look.

**YOGA:** A gentle approach blending various styles of yoga to improve flexibility, strength and breathing techniques. The posture sequence lengthens and stretches the muscles at the same time it builds strength and lean muscle mass. It can reshape your body and mind!

**KICKBOXING:** Get ready for combinations of punches, kicks, blocks and athletic drills to build your power and cardiovascular endurance! Instructor may incorporate strength training to end your workout.

**BELLS, BANDS & BANDS:** A total body strength training class using; Kettle bells, Stability Balls and Bands to work your muscles and keep your heart rate up.

**20/20/20:** 20 minutes cardio, 20 minutes upper body, 20 minutes lower body