

# EDGE ATHLETICS

## Group Exercise Schedule

### Club Hours

Mon-Fri 5:30am- 8:30pm	Saturday 7-1	Sunday 8-1:30
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### MORNING

MON	TUES	WED	THURS	FRI	SAT	SUN
8:30 3-2-1 Shred Lea	8:30 Chisel'd Lori	8-9:15 Hatha Yoga Lora	9:00 Amp up The Burn Trish	8:00 Intro to Weights Trish NEW!	9:00 Amp up the Burn Trish	9:00 Pilates Lori
9:30 Cardio Kickbox Lea	9:30 Pilates Lori	9:30 Body Sculpt Becca	10:00-10:30 HardCore Trish	9-9:30 Strength & Stretch Trish	10:00 Zumba Nora	10:00 Extreme Cardio Lori
		10:30 Zumba Nora		9:30 Zumba Nora		

### EVENING

MON	TUES	WED	THURS	FRI
3:45- 4:45 Hour of Power Lora	4:30 Zumba Lianne NEW Instruct.	3:45-4:30 Zumba Lora	4:30 Body Sculpt Lea	4:00 Body Sculpt Trish
5:00-5:30 HardCore Trish	5:30 Cross Training Justin NEW!	4:30-5:30 BootCamp Trish	5:30 Cardio Kickbox Lea	5:15-6:15 Yoga Flow Lora
5:30-6:30 BootCamp Trish	6:30 Pilates Lori		6:30 Zumba Nora	6:30-7:15 Zumba Lora

COLOR CODE (see class description for more info)

\*continuous aerobic   \*core/flexibility/strength   \*aerobic intervals   \*weights

**CROSS TRAINING (NEW!)** is a core strength and conditioning program which is constantly varied utilizing functional movements. Cardiovascular and Respiratory endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, and Accuracy comes fourth with this workout. Come try this incredibly fun and exciting class.

**INTRO TO WEIGHTS (NEW!)** is a full body weights work out for the beginner. Focus on form and proper stretching in between sets. Instructional & Fun!

**YOGA HOUR OF POWER (NEW!)** Yoga poses in a flowing transition (Vinyassa) with focus on core, cardio, & muscle lengthening/flexibility. Class is 60 min.

**HATHA** is a class for the beginner. Classical style where each posture is demonstrated first by teacher, followed by personalized adjustments. Class is 75 min.

**YOGA FLOW** is a perfect balance between Vinyassa & Hatha. Long, slow sequence stretches. Class is 60 minutes in length.

**BOOT CAMP** Combination of cardio, resistance, and agility drills. Uses sports conditioning exercises. Fun & challenging! 55 min. in length.

**HARD CORE (30 minutes)** Abs workout using weights, mat & stability ball.

**AMP UP THE BURN** High intensity/ easy recovery to help the heart work more efficiently and burn more calories fast. Uses weights, plyometrics, & stability ball. Rev up your metabolism! 55 min. in length

**BODY SCULPT** Full body workout using weights, bands, and stability balls to tone and strengthen. Defined lines and lean muscle comes fourth with this workout. 55 min.

**STRENGTHEN AND STRETCH (30 minutes)**

Feel good as you take time to stretch all the major muscle groups and hold strengthening poses in this workout. Great addition to any workout to maintain your fittest body.

**3-2-1 SHRED** 3 min cardio, 2 min strength, 1 min abs repeated throughout the 55 min class. Awesome interval training class!

**CHISEL'D** A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music! 55 min. in length.

**EXTREME CARDIO** Burn, sweat, tighten and melt your body in this calorie blasting muscle sculpting work out! 55 min in length

**CARDIO KICKBOX** Upper body punching and lower body kickboxing drills are integrated into this sweat-drenching workout! All levels of fitness are welcome.

**ZUMBA** is a fusion of Latin & International music dance fitness system. Easy to follow, major calories burned, & so much FUN! Classes are 45 - 55 min. in length.