

Effective January 26th



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:30 Boot Camp Erin		5:30 - 6:30 Boot Camp Tyler		5:30 - 6:30 Boot Camp Phil		TBD Run Club Regan
8:30 – 9:30 Kick It Extreme Chris	8:30 – 9:30 Buns ‘n Guns Christy	8:30 – 9:30 Kick It Extreme Chris	8:30 – 9:30 Buns ‘n Guns Nicole	8:30 – 9:30 Kick @\$\$ Lisa S.	8:30 – 9:30 Ballet Boot Camp Cheryl	8:30 – 9:30 Kick It Caryn
9:30 – 10:30 Boot Camp Christy	9:30 – 10:30 Barre Core Amy	9:30 – 10:30 Buns ‘n Guns Cathy	9:30 – 10:30 Barre Core Christy	9:30 – 10:30 Boot Camp Amy	9:30 – 10:30 Kick It Extreme Chris	9:30 – 10:30 Barre Core Cheryl
10:30 – 11:30 Zumba Ida	10:30–11:45 Vinyasa Yoga Zach	10:30 – 11:30 Zumba Tone Amanda	10:30–11:45 Vinyasa Yoga Zach	10:30 – 11:30 Zumba Amanda	10:30 – 11:30 Matrix Lisa S.	10:30 – 11:30 Zumba Amanda
11:30 – 12:30 Yoga Level 1: Deep Relaxation Zach	12:00 – 1:00 Adult Karate Jeremy	11:30 – 12:30 Yoga Level 1: Deep Relaxation Zach	12:00 – 1:00 Adult Karate Jeremy		11:30 – 12:30 Zumba Ida	11:30 – 12:30 Vinyasa Yoga Lisa W.
Afternoon and Evening Classes						
3:30 – 4:00 White Belts Jeremy/Jade	3:30 – 4:00 Pre-Karate Jeremy/Jade	3:30 – 4:00 White Belts Jeremy/Jade	3:30 – 4:00 Pre-Karate Jeremy/Jade			
4:00 – 4:30 Yellow & Orange Belts Jeremy/Jade	4:00 – 4:30 White & Yellow Belts Jeremy/Jade	4:00 – 4:30 Yellow & Orange Belts Jeremy/Jade	4:00 – 4:30 White & Yellow Belts Jeremy/Jade			
4:30 – 5:00 Blue & Green Belts Jeremy/Jade	4:30 – 5:00 Orange & Blue Belts Jeremy/Jade	4:30 – 5:00 Blue & Green Belts Jeremy/Jade	4:30 – 5:00 Orange & Blue Belts Jeremy/Jade	3:45 – 4:30 All Levels Sparring Jeremy		
5:00 – 5:30 Purple Belts & Above Jeremy/Jade	5:00 – 5:30 Green Belts & Above Jeremy/Jade	5:00 – 5:30 Purple Belts & Above Jeremy/Jade	5:00 – 5:30 Green Belts & Above Jeremy/Jade	5:00 – 6:15 Stretch Yoga Nancy		
5:30 – 6:30 Matrix Lisa S.	5:30 – 6:30 Kick It Caryn	5:30 – 6:30 Matrix Elaine	5:30 – 6:30 Kick It Caryn		Notes: * Karate Classes fee-based programs. * Please bring your own mat for Yoga.	
6:30 – 7:30 Vinyasa Yoga Nancy	6:30 – 7:30 Zumba Amanda	6:30 – 7:30 Vinyasa Yoga Nancy	6:30 – 7:30 Zumba Alejandra			
7:30 – 8:30 All Levels Adult Karate Jeremy		7:30 – 8:30 All Levels Adult Karate Jeremy				

Class Descriptions

- **Barre Core**- Practice ballet like Baryshnikov while you are getting totally ripped! Barre Core like never B4 will build and tighten those muscles in your abs, back, thighs and upper body while improving balance. *400 calories**
- **Ballet Boot Camp** – Basic training meets Bolshoi. This class goes off the grid using steps, bands, bars and more to offer the ultimate blend of Ballet Technique in a pure boot camp style atmosphere. No dance experience necessary...all levels welcome and challenged! *500 calories**
- **Boot Camp**- Get out of bed with a smile and take this high voltage class to activate your heartbeat and get the blood pumping. Using circuit to combine high-intensity cardio and resistance training ! *550 calories**
- **Buns ‘n Guns**- This total body workout will not only give you toned arms and butt – but will make you rock hard from head to toe! This fun workout uses a combination of weights, steps, bands and more giving you both muscle tone and cardio endurance. *550 calories**
- **Kick@\$\$**- This class guarantees endorphin euphoria using constant kickboxing energy while integrating dumbbells and power sculpting. You will feel invigorated by the non-stop cardio flow that works every muscle group with power tools. *650 calories**
- **Kick It**- Rock out while you kill it with kickboxing! High energy, heart thumping, dripping wet burn that guarantees power, speed and maximum cardio strength. Warning: Can be addictive! **Kick It Extreme** – Kick It on Steroids! Kick it X takes Kickbox to the next level! *650 calories**
- **Matrix**- ARE YOU READY TO RUMBLE??? This concentrated interval class will work every single solitary muscle in your body. Once you think that one muscle group had enough—we’ll give you a short crazy cardio “break”—then we’ll go right back to that muscle group a few more times. *550 calories**
- **Stretch Yoga** - Designed to get deeper into the muscle and connective tissue by passively holding a stretch for a longer period. Incorporating movement to bring balance and stability to the body while using breathing variations to increase lung capacity to calm the mind. This class is no sweat, literally!
- **Yoga Level 1: Relaxation** - In this class, gentle movement encourages improved circulation and weight bearing will help build bone density. Awaken areas of the body that have been inactive, soothe aching joints, and calm your mind with this enjoyable practice. Any level of practitioner can benefit from this class. *300 calories**
- **Vinyasa Yoga** - This vigorous style of yoga links breath and movement through a nimble sequence of Sun Salutations and postures. The smooth, continuous flow deepens breathing, increases endurance, and will test the edge of your balance and flexibility. *350 calories**
- **Zumba®**- The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. *400 calories**
- **Zumba Tone®**- When it comes to body sculpting, Zumba® Toning raises the bar (or rather, the toning stick). Learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba Toning is the perfect way to sculpt your body naturally while having a total blast. *400 calories**

**Calorie burns are approximations and can vary*

**Your community, Your gym.
Your class.**

Classes at Stevenson Fitness are for EVERYBODY. Our instructors teach to all levels, from the first timer to the veteran. We make everyone feel at home, we give options to modify and meet all member needs. We also have a complimentary Assistant Instructor Program for anyone looking for someone on one help.

All comments, questions or suggestions regarding the program, should be directed to groupX@stevensonfitness.com

Class Policies

For Your Safety & In Consideration of Others

1. Please mention physical limitations to the instructor prior to class.
2. When entering class late, please begin in the back of class.
3. If you will be modifying choreography, please do so in the back of the class.
4. If you will be leaving class early, please exit as quietly as possible.
5. Street shoes are not permitted on the studio floor. Athletic shoes only.
6. Reserving places is not permitted.
7. Keep conversations to a minimum.
8. If you must bring a cell phone, please silence the ringer.
9. No strong perfume/cologne please.

* Karate classes are not included as a part of general membership dues.

Club Hours

Monday – Thursday 5am - 10pm
Friday 5am - 9pm
Weekends 6am – 7pm