

# Stevenson Fitness Class Schedule

Effective January 1, 2018



Monday		Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:30 <b>Boot Camp</b> Erin			5:30 - 6:30 <b>Boot Camp</b> Tyler		5:30 - 6:30 <b>Boot Camp</b> Skyler		TBD <b>Run Club</b> Regan
8:30 - 9:25 <b>Sculpt &amp; Sweat</b> Christy		8:30 - 9:25 <b>Kick It</b> Chris	8:30 - 9:25 <b>Sculpt &amp; Sweat</b> Ray	8:30 - 9:25 <b>Kick It</b> Ray	8:30 - 9:25 <b>Sculpt &amp; Sweat</b> Christy	8:30 - 9:25 <b>PiBarre</b> Lisa	8:30 - 9:25 <b>Kick It</b> Caryn
9:30 - 9:55 <b>Core</b> Martha	10:00 - 10:25 <b>H.I.I.T</b> Martha	9:30 - 10:25 <b>PiBarre</b> Lisa	9:30 - 9:55 <b>Core</b> Christy	10:00 - 10:25 <b>H.I.I.T</b> Christy	9:30 - 10:25 <b>PiBarre</b> Lisa	9:30 - 9:55 <b>Core</b> Tyler	10:00 - 10:25 <b>H.I.I.T</b> Tyler
10:30 - 11:25 <b>Zumba®</b> Magali		10:30 - 11:30 <b>Yoga</b> Zach	10:30 - 11:25 <b>Zumba Tone®</b> Amanda	10:30 - 11:30 <b>Yoga</b> Zach	10:30 - 11:30 <b>Zumba®</b> Magali	10:30 - 11:30 <b>Sculpt &amp; Sweat</b> Kelly	10:30 - 11:30 <b>Yoga</b> Katrina
11:30 - 12:30 <b>Yoga</b> Zach			11:30 - 12:30 <b>Yoga</b> Zach		11:30 - 12:30 <b>Yoga</b> Katrina		
5:30 - 6:25 <b>Boot Camp</b> Kelly		5:30 - 6:25 <b>Kick It</b> Caryn	5:30 - 6:25 <b>Boot Camp</b> Tyler	5:30 - 6:25 <b>Kick It</b> Caryn	5:30 - 6:30 <b>Yoga</b> Nancy	<b>Notes:</b> * Checkout our website or download the Stevenson Fitness App for the most current instructor updates!	
6:30 - 7:30 <b>PiBarre</b> Lisa		6:30 - 6:55 <b>Abs &amp; Arms</b> Caryn	6:30 - 7:30 <b>PiBarre</b> Cece	6:30 - 6:55 <b>Abs &amp; Arms</b> Caryn			
	7:00 - 8:00 <b>Candlelight Yoga</b> Nancy		7:00 - 8:00 <b>Candlelight Yoga</b> Nancy				

## Club Hours

Monday to Thursday 4:30am to 10pm

Friday 4:30am to 8pm

Saturday and Sunday 6am - 7pm

# Class Descriptions

- **Abs & Arms** – Strengthen and tone your arms and core in this express, 30 minute intensive workout, focusing on all the major muscle groups in the arms and core using body weight, resistance bands, dumbbells and more. **150 calories\***
- **Boot Camp** - This high voltage class will help you tone and sculpt as well as get the blood pumping. This class will use stations or circuits to combine high-intensity cardio and resistance training! **550 calories\***
- **Candlelight Yoga** - This well-rounded evening class infuses candlelit ambiance and music set to the pace of an inspired yoga flow. Perfect to ease away the day and prepare you for a restful night's sleep. Practitioners of all levels are invited to attend. **300 calories\***
- **Core** – This half hour class will help to improve posture and build core muscle groups through a variety of exercises designed to strengthen your abdomen and back muscles while increasing your flexibility. Walk taller, feel stronger. May include a variety of equipment and is good for all levels. **150 calories\***
- **H.I.I.T** - Carry on blasting fat long after the workout is over with HIIT - High Intensity Interval Training. Short, intense activity bursts followed by brief recovery periods kick your metabolism into overdrive, creating an oxygen debt, so your body keeps blitzing calories hours later. **300 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! **650 calories\***
- **PiBarre** – This low impact, high burn class has been created by Stevenson Fitness to fuse traditional Barre and Pilates exercises together in one class. These classes are designed to effectively strengthen, tone and balance your entire body creating long/sleek lines. We will emphasize precise form and alignment while you learn to work from the inside out to find a deeper connection to your core. This achy, shaky full body workout will leave you feeling elongated and balanced. **400 calories\***
- **Sculpt & Sweat** – Want to get lean? This total body workout will help tone and sculpt you from head to toe! This fun class often uses a combination of weights, steps, bands and more giving you both muscle tone and cardio endurance. **550 calories\***
- **Yoga** - Whether a first timer or seasoned Yogini, this well rounded basics class will focus on technique of stretch, strength and balance to realign your body. Learn breathing to relax and a bit of meditation to alleviate stresses to bring clarity and focus to your day. All levels welcome to attend. **300 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 Tone® 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 Tone® is the perfect way to sculpt your body naturally while having a total blast. **400 calories\***

*\*Calorie burns are approximations and can vary*

*All comments, questions or suggestions regarding the Group X program, should be directed to [info@stevensonfitness.com](mailto:info@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.

## 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!