

# MARCH GROUP FITNESS & CYCLING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MARCH MADNESS CHALLENGE!!! 45-60 MIN CLASSES ARE WORTH 2 POINTS, 30 MIN CLASSES ARE WORTH 1 POINT</b> <b>Day Ride Wednesday, March 17th, 6:30 PM, MUSIC BY ALL IRISH ARTISTS...U2, The Cranberries, The Corrs and r</b> *****NEW CLASSES*****					
<b>Monday 6AM Cycle/Core Class- Start Your Work Week Off Right w/30 Minutes of Cycling &amp; 15 Minutes of Core Strengthening</b> <b>SYNERGY- highly effective, fat busting, compound resistance training routine that has a synergistic effect by using several muscle groups simultaneously</b> <b>POWER YOGA ON TUESDAY'S AT 6:00 PM- ASHTANGA STYLE YOGA THAT FOCUSES ON STRENGTH AND FLEXIBLTY</b> <b>SUPER DROP- RESISTANCE TRAINING CLASS THAT USES DROP SETS &amp; SUPERSETS TO PUSH YOU PAST THAT PLATEAU</b>					
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
6:00 AM Cycle/Core- Heather	10:00 AM Silver Sneakers® MSROM-Heather	9:15 AM Cycle 20/20/20- Toria	10:00 AM Silver Sneakers® MSROM-Heather	<b>No Classes</b>	9:00 AM Cycle/Sculpt- Corrie 10:00 AM Zumba- Beth
6:00 PM Cycling- Sharri 6:30 PM Zumba- Jeanine	6:00 PM Cycling- Corrie 6:00 PM Power Yoga- Heather 7:00 PM Super Drop- Heather	6:30 PM Zumba- Beth 6:30 PM Cycling- Heather 7:30 PM Hard Core- Heather	6:00 PM Cycling- Corrie 7:00 PM Cardio Plate- Corrie		
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
6:00 AM Cycle/Core- Heather	10:00 AM Silver Sneakers® MSROM-Heather	9:15 AM Cycle 20/20/20- Toria	10:00 AM Silver Sneakers® MSROM-Heather	<b>No Classes</b>	8:00 AM Balls and Bands Sharri 9:00 AM Cycling- Heather
6:00 PM Cycling- Sharri 6:30 PM Zumba- Jeanine	6:00 PM Cycling- Corrie 6:00 PM Power Yoga- Heather 7:00 PM A-Z Fit- Corrie	6:30 PM Zumba- Beth 6:30 PM Cycling- Heather 7:30 PM Hard Core- Heather	6:00 PM Cycling- Corrie 7:00 PM Tornado Training Corrie		
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
6:00 AM Cycle/Core- Heather	10:00 AM Silver Sneakers® MSROM-Heather	9:15 AM Cycle 20/20/20- Toria	10:00 AM Silver Sneakers® MSROM-Heather	<b>No Classes</b>	9:00 AM Cycle/Sculpt- Corrie 10:00 AM Zumba- Beth
6:00 PM Cycling- Sharri 6:30 PM Zumba- Jeanine	6:00 PM Cycling- Corrie 6:00 PM Power Yoga- Heather 7:00 PM 4-3-2 Fit- Toria	6:30 PM Zumba- Beth 6:30 PM Cycling- Heather 7:30 PM Hard Core- Heather	6:00 PM Cycling- Heather 7:00 PM Plyo Circuit- Heather		
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
6:00 AM Cycle/Core- Heather	10:00 AM Silver Sneakers® MSROM-Heather	9:15 AM Cycle 20/20/20- Toria	10:00 AM Silver Sneakers® MSROM-Heather	<b>No Classes</b>	8:00 AM Balls and Bands Sharri 9:00 AM Cycling- Heather
6:00 PM Cycling- Sharri 6:30 PM Zumba- Jeanine	6:00 PM Cycling- Corrie 6:00 PM Power Yoga- Heather 7:00 PM Super Drop- Heather	6:30 PM Zumba- Beth 6:30 PM Cycling- Heather 7:30 PM Hard Core- Heather	6:00 PM Cycling- Heather 7:00 PM Synergy- Heather		
<b>29</b>	<b>30</b>	<b>31</b>	<b>CLASS DESCRIPTIONS ARE LISTED ON THE BACK</b> <b>VISIT OUR FACEBOOK PAGE <i>SPORTS OF ALL SORTS FITNESS</i></b> <b>FOR DAILY NUTRITION TIPS AND MOTIVATION</b> <b>Group Fitness Coordinator: Heather Arlinghaus</b> <b>Phone: 859-750-2963 E-mail: barlo29@fuse.net</b>		
6:00 AM Cycle/Core- Heather	10:00 AM Silver Sneakers® MSROM-Heather	9:15 AM Cycle 20/20/20- Toria			
6:00 PM Cycling- Sharri 6:30 PM Zumba- Jeanine	6:00 PM Cycling- Corrie 6:00 PM Power Yoga- Heather 7:00 PM LMU- Toria	6:30 PM Zumba- Beth 6:30 PM Cycling- Heather 7:30 PM Hard Core- Heather			

**Class Descriptions:**

**4-3-2-Fit**- 45 minutes- intervals with 4 minutes of cardio, 3 minutes of lower body and 2 minutes of upper body repeated 5 times

**A-Z Fit**- 45 Minutes- total body interval workout by doing an exercise for every letter from A-Z

**Balls and Bands**- 45 minutes- resistance training class using tubes, bands and various sized balls for a full body workout

**Beginner Cycling** - 45 minutes- 15 minutes of bike fitting, 30 minute introductory ride

**Cardio Plate**- 30 minutes- full body workout using weighted plates

**Cycle 20/20/20**- 60 minutes- 20 minutes of cycling, 20 minutes of lower body toning, 20 minutes of cycling

**Cycle/Core**-45 minutes- 30 minute cycling class- 15 minutes of abdominal and core exercises

**Cycle/Sculpt**- 60 minutes- 30 minutes of cycling, 30 minutes of resistance training

**Hard Core**- 30 minutes- lower back and abdominal muscle strengthening

**LMU**- 45 minutes- 15 minutes of lower body strengthening, 15 minutes of core strengthening, 15 minutes of upper body strengthening

**Plyo Circuit**- 30 minutes- high intensity intervals using plyometrics

**Power Yoga**- 45 minutes- Ashtanga style yoga that focuses on strength and flexibility

**Super Drop**- 45 minutes- resistance training class that uses drop sets and supersets to push you past your training plateaus

**Synergy**- 30 minutes- compound resistance training routine that burns calories quick by using several muscle groups simultaneously

**Tornado Training**- 30 Minutes- metabolic conditioning with quick positional changes

**Training Camp**- 45 minutes- team training camp style high intensity interval workout

**Zumba**- 60 minutes- latin inspired workout that creates a dynamic and exciting fitness system