



November Group Fitness Schedule

1735 Richard Dr., Biloxi
396-3200

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00a CF room	CycleFit Miriam		CycleFit Miriam		CycleFit Miriam
8:00a CF room		CycleFit Linda		CycleFit Linda	
8:30a GR#1	Core BJ		Core BJ		Core Linda
9:00a GR#1/GR#2	StepFit BJ	20/20/20 Linda	BodyFit Linda	StepFit BJ	20/20/20 Stacy
9:00a Pool	AquaFit Stacy		AquaFit Linda		AquaFit Stacy
10:00a Group 1		Core Linda		Core Stacy	
10:00a MB	Pilates BJ	Yoga BJ	Pilates BJ	Yoga Patsy	Pi-Yo BJ
10:30a GR#1	SilverSneakers Linda		SilverSneakers Linda		SilverSneakers Linda
1:00p Pool	AquaFit Cydney		AquaFit Cydney		AquaFit Cydney
4:00p GR#1	BodyFit Marcia		ButtBlaster Stacy		
4:30p CF Room	CycleFit Linda	CycleFit Stacy	CycleFit Jami Mc.		CycleFit Linda
5:00p GR#1	Core Marcia	Core BJ	Core Marcia	Core Linda	Core BJ
5:30p GR#1	Fatburner Marcia	BodyFit Saudhi	SIZZLE! Marcia/ Linda	BodyFit Linda	StepFit BJ
5:30p MB	Pilates Melanie	Yoga BJ	Pilates Tania	Pilates Melanie	Yoga Tania
5:30p CF Room	CycleFit Linda	CycleFit Jim	CycleFit Jim	CycleFit Alex	CycleFit Linda
5:30p Pool	AquaFit Stacy		AquaFit Stacy	AquaFit Stacy	
6:30p GR#1	KickFit Saudhi	ButtBlaster Stacy	BodyFit Marcia		
6:30p GR#2		BootCamp Linda		BootCamp Linda	
6:30p MB	Yoga Tania		Yoga Tania		
6:30p CF Room	CycleFit Jim		20/20/20 Linda		
7:30p MB			Dr. McAfee Traditional Zen Meditation		

Saturdays

November 7
7:00a **Traditional Zen**
Mediation
Dr. McAfee
(enter through Zen Garden)
8:30 **Core** Marcia
9:00 **FATBURNER** Marcia
10:00 **CycleFit** Linda

November 14
7:00a **Traditional Zen**
Mediation
Dr. McAfee
(enter through Zen Garden)
8:30 **Core** Linda
9:00 **BOOT CAMP** Linda
10:00 **CycleFit** Jim

November 21
7:00a **Traditional Zen**
Mediation
Dr. McAfee
(enter through Zen Garden)
8:30 **Core** Stacy
9:00 **BodyFit** Stacy
10:00 **CycleFit** Linda

November 28
7:00a **Traditional Zen**
Mediation
Dr. McAfee
(enter through Zen Garden)
No group fitness classes
due to THANKSGIVING!

THANKSGIVING
No classes after NOON
on Wednesday the 25th
through Monday the
30th for THANKSGIVING
holiday!

Room Legend
GR#1
Group Fitness
Room #1
(Blue/yellow floor)
GR#2
Group Fitness
Room #2
(upstairs)
MB
Mind & Body RM
CF Room
Cycle Fit Room
(upstairs)

Classes are
subject to move to
another room to
accommodate the
number of
members. Thank you
for your
cooperation!

Sunday CycleFit

@ 3pm (Jim)
8th & 29th
Sunday
Meditation
7:00a **Traditional Zen**
Meditation
Dr. McAfee
(enter through Zen garden)

Group Fitness Class Descriptions

StepFit- Step Fit is always different, always moving, and ALWAYS fun! It is a high intensity aerobic workout utilizing the step bench. Step aerobics can burn 30 - 60% more calories than traditional aerobics!

We also offer **Beg StepFit** to help you learn those fundamental step routines!

AquaFit- AquaFit is a non-impact cardio workout that allows you to exercise without putting pressure on your muscles and joints. Get a high energy workout without the impact! Great for ALL ages and fitness levels!!

CORE- Target and challenge the abdominals, back, and hips in this intense and dynamic workout. You will learn how to effectively strengthen the core using proper form and technique! By building core strength, you will be able to improve your posture and ward off low back pain!

BOOTCAMP- Boot camp-style drills improve cardiovascular endurance! Included are high intensity muscular strength intervals to reshape and tone your entire body. This class delivers a powerful boost to your regular fitness routine.

FatBurner-This class features an intense, easy to follow, low impact cardio segment followed by a lower body strength training segment that focuses on the core muscles: glutes, abdominals, lower back, and hamstrings. This class is for all fitness levels and maximizes your fat burning potential!

Mind & Body- Yoga, Pilates, and PiYo make up our mind & body group. These classes allow you to slow down from the day and relax while still getting a workout. Classes are designed for all fitness levels by showing modifications for each move.

Kick Fit- Get a kick out of getting fit, and burn up to 800 calories per hour! Kick Fit is an aerobic workout that blends basic boxing and martial arts movements. No prior experience required, just an adventurous spirit.

BodyFit- Body Fit is good for those who have minimal experience with aerobics. Hand weights, body bars, and other peripherals are used for strength training. It is a full body workout that targets all of the major muscles groups. You'll integrate strength and stretching exercises to produce stronger bones and muscles and increase your metabolism to help maintain a healthy body weight.

CycleFit- The classes takes place on specially designed indoor road bikes and the exercises are based on techniques used by outdoor race-enthusiasts. Burn up to 600 calories per session! Qualified cycling instructors will lead you through various types of rides, designed to provide you a fun yet challenging workout. Cycles are adjustable to all sizes. We also offer Beginner cycle classes !

SIZZLE! Love to move? Get an aerobic workout while dancing! This class uses simple hip hop moves combined with a Latin feel. SIZZLE! is a great class to get your cardio workout, and have fun while doing it!

ButtBlaster- BodyFit meets FatBurner in this calorie-burning class! By combining weights with cardio, you will burn even more calories!! A lot of focus is put on the lower body muscle groups! Great workout for ALL fitness levels!!

20/20/20- Start off with 20 minutes of cycling, followed by 20 minutes of treadmill drills, and finishing with 20 minutes of lower body sculpting. Great workout for ALL fitness levels!!