### WINTER 2018

**MONDAY**
- **7:00am VIKING FIT**
  - With Josh & Justin in MAC Gym
- **1:00pm MIXXEDFIT Free!**
  - With Derek in 201b
- **4:00pm AQUA FITNESS**
  - With Ron & Kaitlyn in Pool
- **5:00pm ALL LEVEL YOGA**
  - With Jenni in 201b
- **5:00pm HIIT**
  - With Allie in 222a
- **5:00pm VIKING FIT**
  - With Josh & Justin in MAC Gym
- **6:00pm MIXXEDFIT**
  - With Eleni in 201b
- **6:00pm SPIN & TONE**
  - With Mitchell in 222a
- **7:00pm ZUMBA**
  - With Alissa in 201b
- **7:00pm ALL LEVEL YOGA**
  - With Isabella in 222a
- **8:00pm TURBOKICK**
  - With Janine in 201b

**TUESDAY**
- **3:00pm CIRCUIT TRAINING**
  - With Luke in Cardio West
- **4:00pm KICKBOXING**
  - With Sol in 201b
- **4:00pm ALL LEVEL YOGA**
  - With Isabella in 222a
- **5:00pm AB LAB**
  - With Justin in 201b
- **5:00pm SPINNING**
  - With Addison in 222a
- **6:00pm ALL LEVEL YOGA**
  - With Chloe in 222a
- **6:00pm ZUMBA**
  - With Caroline in 201b
- **7:00pm MIXXEDFIT**
  - With Bria in 201b
- **7:00pm SPINNING**
  - With Anastasia in 222a
- **8:00pm BARRE**
  - With Emily in 222a
- **8:00pm TURBOKICK**
  - With Lydia in 201b
- **8:00pm BELLY DANCING**
  - With Anyelle in 222a

**WEDNESDAY**
- **7:00am VIKING FIT**
  - With Josh & Justin in MAC Gym
- **1:00pm MIXXEDFIT Free!**
  - With Derek in 201b
- **4:00pm KICKBOXING**
  - With Ron & Kaitlyn in Pool
- **4:00pm AQUA FITNESS**
  - With Isabella in 222a
- **5:00pm ALL LEVEL YOGA**
  - With Jenni in 201b
- **5:00pm HIIT**
  - With Allie in 222a
- **5:00pm VIKING FIT**
  - With Josh & Justin in MAC Gym
- **6:00pm SPINNING**
  - With Addison in 222a
- **6:00pm ALL LEVEL YOGA**
  - With Chloe in 222a
- **6:00pm ZUMBA**
  - With Caroline in 201b
- **7:00pm MIXXEDFIT**
  - With Bria in 201b
- **7:00pm SPINNING**
  - With Anastasia in 222a
- **7:00pm ZUMBA**
  - With Alissa in 201b
- **7:00pm ALL LEVEL YOGA**
  - With Isabella in 222a
- **8:00pm TURBOKICK**
  - With Janine in 201b
- **8:00pm BELLY DANCING**
  - With Anyelle in 222a

**THURSDAY**
- **3:00pm CIRCUIT TRAINING**
  - With Luke in Cardio West
- **4:00pm KICKBOXING**
  - With Sol in 201b
- **4:00pm ALL LEVEL YOGA**
  - With Isabella in 222a
- **5:00pm AB LAB**
  - With Justin in 201b
- **5:00pm SPINNING**
  - With Addison in 222a
- **6:00pm ALL LEVEL YOGA**
  - With Chloe in 222a
- **6:00pm ZUMBA**
  - With Caroline in 201b
- **6:00pm SPIN & TONE**
  - With Mitchell in 222a
- **7:00pm ZUMBA**
  - With Alissa in 201b
- **7:00pm ALL LEVEL YOGA**
  - With Isabella in 222a
- **8:00pm BARRE**
  - With Emily in 222a
- **8:00pm TURBOKICK**
  - With Lydia in 201b

**FRIDAY**
- **7:00am VIKING FIT**
  - With Josh & Justin in MAC Gym
- **3:00pm SPIN & TONE**
  - Instructor TBA in 222a
- **5:00pm MIXXEDFIT**
  - With Emily in 221b
- **5:00pm VIKING FIT**
  - With Josh & Justin in MAC Gym
- **6:00pm MIXXEDFIT**
  - With Eleni in 201b
- **6:00pm ZUMBA**
  - With Caroline in 201b
- **7:00pm MIXXEDFIT**
  - With Bria in 201b
- **7:00pm SPINNING**
  - With Anastasia in 222a
- **7:00pm ZUMBA**
  - With Alissa in 201b
- **8:00pm ALL LEVEL YOGA**
  - With Isabella in 222a

**SATURDAY**
- **10:00am CLIMBFIT**
  - With Jesse at Rock Wall
- **11:00am BARRE**
  - With Emily in 222a
- **11:00am TURBOKICK**
  - With Lydia in 201b
- **11:00am WOW Free!**
  - With Allie in Weight Room
- **12:00pm MIXXEDFIT**
  - With Alicia & Eleni in 201b

**SUNDAY**
- **4:00pm ALL LEVEL YOGA**
  - With Chloe in 201b
- **5:00pm MIXXEDFIT**
  - With Emily in 201b
- **6:00pm SPINNING**
  - With Addison in 222a

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**FEATURED CLASSES**

**BARRE**
A mix of elements from Pilates, dance, yoga, and functional training, with choreographed moves to motivating music.

**WOMEN ON WEIGHTS**
You will feel empowered by the knowledge and skills acquired during this class. You’ll learn your way around our Weight Room. We’ll teach you the most effective and safest methods of weight training.

**CLIMBFIT**
Learn the fundamentals of rock climbing, build skills and fitness capacity to climb safer and more effectively.

**KICKBOXING**
You will develop skills in self defense and American Boxing. Learn effective techniques in applying punches, kicks, knees, and elbows. For all fitness levels.

**CIRCUIT TRAINING**
A focus on injury prevention. Using our Circuit Machine you will use strength training methods to get a great workout. Meet upstairs by bathrooms.