



EDGE Class Schedule

Effective Aug 26th, 2013

Monday	Tuesday	Wednesday	Thursday	Friday	SATURDAY
6:30-7:15 AM Total Body Fitness Lori		8:00-8:45 AM Stretch & Balance Steve	6:30-7:15 AM Total Body Fitness Lori	8:00-8:45 AM Stretch & Balance Steve	
8:00-8:45 AM Stretch & Balance Steve		5:15-6:00 PM Aqua Cardio (Comfort Inn) Doreen			9:00-10:00AM SK BBC
5:15-6:00 PM Aqua Cardio (Comfort Inn) Sandy		4:30-5:00PM Little Ninjas		5:15-6:00PM Aqua Cardio (Comfort Inn) April	10:00-11:00AM Youth/Adult BBC
5:00-5:30PM White & Yellow Belt Super Kids	5:00-5:45 BBC	5:00-5:30PM White & Yellow Belt Super Kids	5:00-5:45 BBC	4:30-5:30pm ZUMBA Jodi	
5:30-6:00PM Super Kids Non-BBC Yellow, Teal & Slime	6:00-7:00PM TRX/EDGE Fit	5:30-6:00PM Super Kids Non-BBC Yellow, Teal & Slime	6:00-7:00PM TRX/EDGE Fit		
6:00-7:15PM Youth/Adult All Belts		6:00-7:15PM Youth/Adult All Belts			

Aqua Cardio is a splash. Using the pool located in the Comfort Inn, you get to workout with no impact on your joints! Great class for seniors, lower joint pain sufferers, and those who love the water.

Stretch and Balance is a class focused on relaxation and flexibility using a combination of yoga and everyday stretching techniques. Come, bring a friend and reduce your stress while rejuvenating to take on the rest of your day.

Total Body Fitness is an upbeat class that is sure to wake you up and get you ready for your day. With a combination of aerobic exercise to get your heart rate up and resistance training. Great for all Ages!