

Green Room Schedule



Updated at www.fitnessforlife.biz

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Open	Open	Open	Open	Open	Open	Open
7:30am	Muscle Up (Debbie)		Core+ (Julia)			Spinning 7:30am (Kristin)	
8:30am	Muscle Pump (Jan)	Circuit Training (Stacey)	Muscle Pump (Jan)	Circuit Training (Joni)	Heart and Muscle Pump (Jan)	Boot Camp 9:00am (Stacey / Larisa)	
10:00am	Body Sculpt (Stacey)	ReFit (Desiree')	Strength Circuit (Nick)	Zumba (Paula)	Pilates (Joni)		
11 – 6:00pm	SilverSneakers Yoga (11:15)	Open 11-12:50	Open	Open 11-12:50	Open	Yoga 10:30am (Julia)	
	Open at 12:00	SilverSneakers 1:05pm (Lyle)		SilverSneakers 1:05pm (Lyle)		Open	
6:00pm	Basic Training (Nick)	Boot Camp (Nick)	Yoga (Julia)	Basic Training (Larisa)			
7:00pm	Open	Open	Open	Open			

To book a class, download the app, StudioBookings  on your phone or device. Set up your account using an email address to receive notifications (cancellations, etc.). After making Fitness for Life your home gym, you'll be able to access the calendar. Classes can be booked 24 hours in advance. There is a four (4) person minimum attendance per class, or cancellation *may* occur. If you can't make a class, make sure to cancel your reservation, or a \$5 "no-show fee" may be charged to your account. To cancel a reservation (available up to 1 hour prior to class), hit the "Book class" button again to confirm cancellation.

Due to high demand, 8:30am Muscle Pump classes are limited to 9 per month complimentary. A package of 9 class credits must be obtained in the app "store". Additional Muscle Pump classes can be purchased in the app or office. The Monday 7:30am Muscle Pump class is currently complimentary.

Circuit Training	Optimal fitness relies on high intensity interval training. Circuit training involves rotating around the room to different exercise stations. Utilizing a plethora of equipment such as TRX, kettlebells, medicine balls, etc., this is your go-to class for total body fitness. We provide low-impact and scaled movements to cater to all fitness levels.
Muscle Pump	This is a single-station, strength training class. It involves choreographed strength moves in an energetic, fast-paced setting for a total body workout. Due to the popularity of our 8:30am classes, a maximum of nine (9) - 8:30am Muscle Pump classes are offered complimentary. These 9 credits must be obtained in the StudioBookings app in the "store" (9 credits for \$0). Additional muscle pump classes can be purchased on the app (or in the office).
Body Sculpt / Basic Training	This is a single-station strength training class. This muscle-centric, slower-paced workout challenges you to use heavier weights and longer rest intervals compared to our circuit classes.
Zumba	A fun and fast aerobic dance class that combines Latin music and Latin moves.
ReFIT	ReFIT is a group exercise dance workout and hip-hop fitness class.
Spinning	The always popular spin class will leave you in a heaping puddle of sweat. Climb, sprint, and race your way to cycling fitness.
Yoga	Our basic Yoga classes blend elements of balance, strength, and flexibility for all levels. Mats are available in the gym, or you can bring your own.
Silversneakers	Designed for the senior looking to build functional strength and balance, this 45-minute class will help fill in the gaps of fitness that strength machines leave behind.
Pilates	Described as the art of controlled movements, Pilates puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. This is a floor-based class. Mats are available in the gym, or you can bring your own.
Boot Camp	Get military fit with this class that utilizes body weight, sleds, tire-flips, shuttle-runs, sledge hammers, and other similar moves for complete functional fitness. This is a multi-station, circuit-style class.
Core+	A high intensity class that blends cardio, strength training, mobility, and breathing into a beat-driven format that leaves you feeling refreshed, challenged, and strong.