



Michigan City Elston

July 6th - July 31st

1202 Spring Street Door L

MICHIGAN CITY, IN 46360

(219) 221-4055

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	Cardio Wake Up Call Aerobics Room Kate T. 6am - 6:45am	Stretch and Tone Aerobics Room Kate T. 6am - 6:45am	Cardio Wake Up Call Aerobics Room Kate T. 6am - 6:45am	Free Weight Circuit Aerobics Room Kate T. 6am - 6:45am	Cardio Wake Up Call Aerobics Room Kate T. 6am - 6:45am		
7am	Yoga Aerobics Room Naoko M 7am - 8am	Boot Camp Upper Weight Room Kate T. 7am - 7:45am					
8am	Gentle Stretch Aerobics Room Lacy M. 8am - 8:45am	Vinyasa Yoga Aerobics Room Kate T. 8am - 8:45am	Gentle Stretch Aerobics Room Lacy M. 8am - 8:45am	Vinyasa Yoga Aerobics Room Kate T. 8am - 8:45am	Gentle Stretch Aerobics Room Lacy M. 8am - 8:45am		
	Express Weights Weight Room Kathy W. 8:15am - 8:45am		Express Weights Weight Room Kathy W. 8:15am - 8:45am		Express Weights Weight Room Kathy W. 8:15am - 8:45am		
9am	Spinning® Spin Room Kathy W. 9am - 9:45am	Tabata Strong Aerobics Room Kate T. 9am - 9:45am	Spinning® Spin Room Kathy W. 9am - 9:45am	Tabata Strong Aerobics Room Kate T. 9am - 9:45am	Spinning® Spin Room Kathy W. 9am - 9:45am	Body Strength Aerobics Room Kate T. 9:30am - 10:30am	
10am						Vinyasa Yoga Aerobics Room Kate T. 10:30am - 11:15am	
4pm		Vinyasa Yoga Aerobics Room Kate T. 4:30pm - 5:15pm					
5pm	Body Strength Aerobics Room Kate T. 5:15pm - 6pm	Free Weight Circuit Aerobics Room Kate T. 5:15pm - 6:15pm	Cardio Tabata Aerobics Room Kate T. 5:15pm - 6pm	Free Weight Circuit Aerobics Room Kate T. 5:15pm - 6pm			
6pm	Power Yoga Aerobics Room Kate T. 6:05pm - 6:35pm		Power Yoga Aerobics Room Kate T. 6:05pm - 6:35pm	Stretch and Tone Aerobics Room Kate T. 6pm - 6:30pm			
7pm	Mixedfit Aerobics Room Morenike O 7pm - 7:45pm	Mixedfit Aerobics Room Morenike O 7pm - 7:45pm	Mixedfit Aerobics Room Morenike O 7pm - 7:45pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Class Descriptions Michigan City Elston

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Body Strength - This class incorporates cardio exercises and the resistance of your own body weight in an interval training routine to get the most out of your workout no matter your fitness level. Modifications and various difficulty levels are provided for everyone.

Boot Camp - This is an intense workout, so be ready to be pushed to new limits! Instructors use a variety of fast-paced conditioning exercises to help you reach your fitness goal.

Cardio Tabata - This high energy interval training class is designed for all fitness levels. Burning fat and torching calories is the name of this game.

Cardio Wake Up Call - Get your heart pumping and ready to start your morning. Get ready to sweat!

Express Weights - This 30 minute class will take you through different forms of weight training. Weights range between 2-10lbs and can be done by any fitness level. This class will pair well with any of our cardio classes.

Free Weight Circuit - Increase your strength and tone up at the same time as we guide you through a series of circuits using free weights. This class can be modified to fit any fitness level.

Gentle Stretch - A fitness class designed to enhance each individual's quality of life and daily function. A variety of exercises that will help you increase your agility, range of movement and cardiovascular conditioning.

Mixedfit - Mixedfit is a fitness program that incorporates explosive dance moves with body weight toning. This unique class will get you moving and toning all at once. Mixedfit is ideal for all fitness levels and all ages, families are encouraged to attend.

Power Yoga - This workout is a quick paced fitness form of yoga with a strength based focus. Suitable for all fitness levels.

Spinning® - Indoor group cycling on specifically-designed fixed-gear bicycles. Participants control their own intensity level, which makes group cycling great for people of all fitness levels.

Stretch and Tone - A combination of yoga and pilates style workout that will "stretch" your workout in a whole new way. Start the day with stretch and tone, or wind down with us after a busy day.

Tabata Strong - Interval circuits that incorporate full body weight exercises while adding light weights. This interval training will help you achieve your goals while you tone your body. Modifications are available for all fitness levels.

Vinyasa Yoga - Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Each class is unique and will contain various elements of flexibility, strength, and balance.

Yoga - Nourish your mind and body through Hatha Yoga progressions. This class introduces beginner participants to basic yoga postures and helps more advanced participants strengthen, improve balance, increase flexibility and calm the whole person.