



GROUP EXERCISE CLASS SCHEDULE

EFFECTIVE 07.05.16

	M	T	W	TH	F	S	SN
8:00 A	CYCLE KRIS W.		CYCLE KRIS W.	CYCLE (ALL LEVELS) AMY J.			
8:30 A						CYCLE AMBITION P.	
9:00 A	VINYASA YOGA LV 2 AMY J.	CYCLE (ALL LEVELS) AMY J.	VINYASA YOGA LV 2 AMY J.	SYNRGY360 JC BATRAS	VINYASA YOGA LV 2 RACHEL G.	VINYASA YOGA LV 2 AMY J.	
	LES MILLS BODYPUMP KRIS W.	VINYASA YOGA LV 1 MELISSA O.	LES MILLS BODYPUMP KRIS W.	VINYASA YOGA LV 1 MELISSA O.	LES MILLS BODYPUMP MEREDITH M.	ZUMBA FINEST JANEEN S.	
10:00 A		BOXING RICHARD D.	CORE BOOT CAMP RICHARD D.		CYCLE MEREDITH M.	KICKBOXING JIMMY K.	
		TREAD SHANE N.					
11:00 A		CLASSIC JACKIE M.					
NOON				CIRCUIT CARMINA R.			VINYASA YOGA MELISSA O.
5:30 P	LES MILLS BODYPUMP CARMINA R.						
6:00 P	VINYASA YOGA LV 2 RACHEL G.	VINYASA YOGA RACHEL G.	CARDIO KICKBOXING CARMINA R.	UPT KRIS W.	VINYASA YOGA AMY J.		
		UPT TAYLOR T.	VINYASA YOGA AMY J.	VINYASA YOGA MELISSA O.			
6:30 P	CYCLE MALYNDA L.	CYCLE CARMINA R.	SYNRGY360 KEVIN O.		ZUMBA FINEST CARMINA R.		
	SYNRGY360 KEVIN O.						
	ZUMBA FINEST CARMINA R.						
7:00 P	BOXING RICHARD D.	POUND JUNE S.	CYCLE AMBITION P.	TREAD MALYNDA L.			
		BJJ RON H.					
	TREAD MALYNDA L.						
7:30 P	CORE BOOT CAMP MALYNDA L.		VINYASA YOGA RACHEL G.				
	VINYASA YOGA AMY J.						
8:00 P	KICKBOXING DEMAR G.	ZUMBA FINEST SONIA T.	BOXING RICHARD D.	ZUMBA FINEST CARMINA R.			
		KICKBOXING JIMMY K.	BOOTY WORKS TAYLOR T.	KICKBOXING DEMAR G.			



MYZONE® HEARTRATE TRACKERS NOW AVAILABLE AT THE FRONT DESK!

HOURS OF OPERATION
 Mon: 5:00 AM - Fri: 10:00 PM
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 Saturday: 8:00 AM - 2:00 PM

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www.coast-fitness.com

Heated Yoga
 Hot Yoga

Note: Classes are subject to change or cancellation at any time. Classes are 50 minutes, except Yoga classes which are determined by Instructor. Management reserves the right to reschedule or cancel classes if an Instructor is unavailable or absent. ©2016 Coast Fitness. All Rights Reserved.

GROUP EXERCISE CLASS DESCRIPTIONS

STRENGTH AND CONDITIONING CLASSES - Choose an area of performance to target and get ready to challenge yourself. Want to be stronger, faster, and lighter on your feet? These classes will push your overall performance to new places you would never reach in regular group fitness classes.

BOOTY WORKS - A :30 minute Butt building workshop designed to teach you all the exercises you need to know to grow your assets, while delivering a high quality workout. Using dumbbells, bands and bodyweight, this class is sure to deliver results!

CARDIO KICKBOXING - Charge up your routine with flexibility and strength-building moves. Enjoy high-intensity drills while burning 300-600 calories. This cardiovascular workout consisting of jabs, hooks, uppercuts and kicks is designed to get you on your way to a leaner body and healthier state of mind. Most suitable to students of medium to high fitness levels, but newcomers are always welcome – just let your Kickboxing class instructor know.

CORE BOOT CAMP - This class is a combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. The class combines intervals of cardio drills and muscle conditioning exercises using jump ropes, boxing drills, and free weights. This class is designed for MAXIMUM calorie burn in the shortest amount of time.

CYCLE - An indoor cycling workout where you ride to the rhythm of powerful music. Burn up to 900 calories an hour while you take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Discover your athlete within – sweat and burn to reach your endorphin high!

LES MILLS BODY PUMP - The original full body barbell workout. BODYPUMP is for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Burn up to 590 calories. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

POUND - Channel your inner performer & Rock your body with this modern-day fusion of movement and music. Using Ripstix-weighted drumsticks engineered for exercise – POUND transforms drumming into an effective full-body workout.

SYNRGY360 FULL BODY WORKOUT - Our Synrgy360 class combines a variety of exercises and training tools in one efficient space, so you never get bored. By simply weaving in and out of stations on Synrgy360, you're able to target specific training goals, such as stamina, strength, flexibility and speed. The system also gives you a wide range of exercises to choose from, including cable training, bodyweight training, boxing and Kettlebell training.

TREAD - Treadmill class incorporates hill climbs, sprints, distance, body weight strength training and endurance challenges. Take your cardiovascular conditioning up a notch with this interval driven approach. Watch your average mile pace improve through well thought out progressions that teach your body how to run to its maximum potential.

UPT - ULTIMATE PERFORMANCE TRAINING - Take your fitness to the next level! This class incorporates full body dynamic movements to push your limits using dumbbells, constantly varied intervals and multi-directional movement which will help you develop more cardiovascular conditioning and functional strength. You never repeat the same workout twice, which keeps your body challenged and in full fat burning mode.

ZUMBA - Zumba is one of the most unique, fun and beneficial exercise programs to have entered the fitness market, due to its vast diversity and high level of fun! Zumba incorporates many different styles of Latin dances including salsa, merengue, cumbia, puya, and calypso to keep you moving easily through each class. Each class allows anyone and everyone to have fun while dancing and exercising, burning calories as you enjoy the Latin rhythms.

MIXED MARTIAL ARTS CLASSES - Our mixed martial arts program has what you need from ground/grappling styles like BJJ and wrestling to standup styles like Boxing and Kickboxing. Let us show you how to take your fight up a notch.

BOXING - Take your fitness to the next level with our Boxing classes as you learn techniques, movements and skills designed to help strengthen your whole body. Enjoy intense cardio and strength conditioning exercises in a fun, yet highly effective workout class. Your trainer will guide you through various combinations on heavy bags, as well as body weight resistance training exercises. Designed to help you strengthen and tone your whole body, our classes are worthy of the ring. Boxing gloves are mandatory. **(16oz Boxing Gloves and Mouth Guard are required)**

BJJ - BRAZILIAN JIU JITSU (GI AND NOGI) - Brazilian Jiu-Jitsu is a martial art, combat sport, and a self-defense system that focuses on grappling and especially ground fighting. Learn how to defend against a bigger, stronger person by using proper technique, leverage, and most notably, taking the fight to the ground, and then applying joint-locks and chokeholds to defeat the opponent. **(Mouth Guard suggested)**

KICKBOXING - Kickboxing is a modern martial art and combat sport which can be practiced for health & fitness, self-defense, or competition in MuayThai and MMA. The techniques taught in kickboxing include punches, kicks, elbows and knee strikes as well as blocks and sweeps from the standing position and clinch. **(Mouth Guard, 16oz Boxing Gloves and Shin Guards are required)**

MIND BODY CLASSES - Take care of yourself from the inside out. Our comprehensive yoga program will restore and invigorate you.

VINYASA YOGA LEVEL 1 - This Yoga class blends elements of the meditative and detoxifying qualities of the of the HotYoga series with the intensity of Vinyasa Yoga. Practiced in a heated room this class is energizing and fun and appeals to anyone who appreciates a healthy sweat! Classes will be hot at 100°+ F, heated at 94°F, or room temperature, as shown on the schedule. **(Yoga mat required)**

VINYASA YOGA LEVEL 2 - Suitable for intermediate to advanced yogis. This dynamic HotYoga and VinyasaYoga class features more intense flows and advanced arm balances and inversions. Classes will be hot at 100°+F, heated at 94°F, or room temperature, as shown on the schedule. **(Yoga mat required)**

SILVERSNEAKERS CLASSES - Healthways group exercise classes, SilverSneakers® Classic, SilverSneakers® Circuit, and SilverSneakers® Yoga, are multi-level, equipment-based, total-body conditioning classes. The overall class objectives are to minimize age-related physical deterioration, improve health-related and skill-related physical fitness components to increase functional activities for daily living, and increase a person's sense of well-being in a group exercise setting.

SILVERSNEAKERS® CLASSIC - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support. Exercises are tailored to individual abilities and needs.

SILVERSNEAKERS® CIRCUIT - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.