

GROUP FITNESS - NOVEMBER

Start Time:	Mon	Tue	Wed	Thu	Fri
5:30 AM (30 min)			Spinning	Spinning	
9:00 AM (60 min)	Stretch	Silver Sneakers	Stretch	Silver Sneakers	Stretch
12:15 PM (30 min)	Total Body Burn	Smash HIIT	Kickboxing	Cardio & Strength	
5:30PM (60 min)	Fat Blast 30 ----- Spinning	Yoga	Dance Fitness Cardio	Yoga	

Stretch: Focuses on improving flexibility through proper stretching techniques

Silver Sneakers: Muscular strength & Range of Movement is the core of this program.

Yoga: Vinyasa Yoga will strengthen, balance, detoxify & exhilarate the body and mind.

Fat Blast 30: Cardio blasting, muscle building and metabolism boosting all in one workout

Smash HIIT: High intensity training that targets the whole body to help be more efficient in less time

Kickboxing: A cardio workout consisting of jabs, hooks, uppercuts and kicks designed to get you on your way to a leaner body while burning 300-500 calories

Dance Fitness Cardio: If you love Zumba you will love this class. A fun and challenging way to slim down while improving your dancing, mood and health!

We now have Virtual Cycling classes available through the Peloton App!

Available times for Virtual Riding:

Mon - Fri: 7am - 7pm, Sat.: 7am - 6pm, Sun.: 12pm - 5pm

With exception of Spinning classes on :

Tuesdays & Wednesdays: 5:30am - 6:30am

Mondays: 5:30pm - 6:15pm

Non-members \$30/month - - Members \$20/month - - \$5/class



Mon - Thur: 5am - 10pm

Friday: 5am - 9pm

Saturday: 7am - 7pm

Sunday - 12pm - 6pm

www.ccccsidney.com

308-254-7000