Green Room Schedule

Updated at www.fitnessforlife.biz

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Open	***Open***	***Open***	***Open***	***Open***	***Open***	***Open***
7:00am	Strength & Sculpt (Tanner)		Strength & Sculpt (Tanner)			Spin 7:00am Kristin	
8:30am	Muscle Pump (Jan)	Circuit Training (Tanner)	Muscle Pump (Paula)	Circuit Training (Joni)	Step (Jan)	Boot Camp 8:00am Lyle	
10:00am	Strength & Sculpt (Joni)	Re-Fit (Desiree)	Circuit Training (Lyle)	Zumba (Paula)	Pilates (Joni)	Boot Camp 9:00am Lyle	
11 – 6:00pm	Senior Chair Yoga 11:30 (Julia)	**Open 11-12:50pm**	***Open 11:00-12:50pm***	SilverSneakers 11:30 (Vita)	***Open at 11am***	Yoga 10:30am Julia	
	Open 12:15-6pm	SilverSneakers 1:00pm (Lyle)	Senior Circuit 1:00pm (Larisa)	Silversneakers 1:00pm (Jan)			
		Open 2-6pm	***Open 2-6pm***	***Open 2-6pm***			
6:00pm	Strength Circuit (Lyle)	Strength & Sculpt (Lyle)	Boot Camp (Lyle)	Strength Circuit (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), go to the home page and select "cancel" on the class you're enrolled.

Circuit 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.
Strength Circuit	A slow-paced strength-training class where students rotate around the room to different exercises. This class utilizes a variety of equipment for a big-movement, muscle-centric workout.
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. During busy months (Jan-Mar), we may cap class participation to 9 per month if demand requires.
Strength & Sculpt	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. Easy choreography.
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 is a chair-based exercise class utilizing dumbbells, resista-bands, and inflatable balls. Our circuit format is available on Wednesdays.
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.