



Michigan City Elston  
January 1st - January 31st

1202 Spring Street Door L  
MICHIGAN CITY, IN 46360  
(219) 221-4055

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>7am</b>	<b>Pause/Yoga</b> Aerobics Room Naoko M 7am - 8am	<b>Boot Camp</b> Upper Weight Room Kathy W. 7:35am - 8:05am	<b>Boot Camp</b> Upper Weight Room Kathy W. 7:35am - 8:05am	<b>Core Strength/Balance</b> Aerobics Room Kathy W. 7:35am - 8:05am	<b>Tabata Spin</b> Spin Room Kathy W. 7:30am - 8am		
	<b>Tabata Spin</b> Spin Room Kathy W. 7:30am - 8am						
<b>8am</b>	<b>Core Strength/Balance</b> Aerobics Room Kathy W. 8:15am - 8:45am	<b>Core Strength/Balance</b> Aerobics Room Kathy W. 8:15am - 8:45am	<b>TRX Circuit Class</b> Upper Weight Room Kathy W. 8:15am - 8:45am	<b>Power Spin</b> Spin Room Kathy W. 8:15am - 8:45am	<b>Express Weights</b> Weight Room Kathy W. 8:15am - 8:45am		
<b>9am</b>	<b>Spin with Weights</b> Spin Room Kathy W. 9am - 9:45am	<b>Tabata Strong</b> Aerobics Room Kathy W. 9am - 9:45am	<b>Spinning®</b> Spin Room Kathy W. 9am - 9:45am	<b>Tabata Strong</b> Aerobics Room Kathy W. 9am - 9:45am	<b>Spinning®</b> Spin Room Kathy W. 9am - 9:45am	<b>Body Strength</b> Aerobics Room Kate T. 9:30am - 10:30am	
<b>10am</b>						<b>Vinyasa Yoga</b> Aerobics Room Kate T. 10:30am - 11:15am	
<b>4pm</b>			<b>Vinyasa Yoga</b> Aerobics Room Kate T. 4:45pm - 5:30pm				
<b>5pm</b>	<b>Zumba Step®</b> Aerobics Room Ce Ce 5pm - 6pm	<b>Free Weight Circuit</b> Aerobics Room Kate T. 5:15pm - 6pm	<b>Body Strength</b> Aerobics Room Kate T. 5:30pm - 6:15pm	<b>Cardio Tabata</b> Aerobics Room Kate T. 5:15pm - 6pm			
<b>6pm</b>	<b>Cardio Club</b> Cardio Room Marque O. 6:30pm - 7:15pm	<b>Power Yoga</b> Aerobics Room Kate T. 6pm - 6:25pm		<b>Yoga</b> Aerobics Room Kate T. 6pm - 6:45pm	<b>Cardio Club</b> Cardio Room Marque O. 6:30pm - 7:15pm		

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 Club** - Walk, cycle, elliptical at your own pace while building friendships, your health, and enjoying the warmth of exercising inside. All levels welcome. Come rain, snow, sleet, or shine we will be there!

**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.

**Core Strength/Balance** - This class will work on balance along with a variety of core strengthening exercises. All ability levels are encouraged to attend.

**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.

**Pause/Yoga** - Pause is a Yin Yoga inspired class with an intention for stretching both the mind and body. Practice creating space and enjoying the present moment in your busy schedule. Try Pause/Yoga Today to create a more calming mind and body.

**Power Spin** - Get ready to Roll in this fast high action spin class that will be sure to get your heart pumping. You don't need to be an expert to take this class, modifications are given for all fitness levels. Come have some fun, POWER through a great workout.

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

**Spin with Weights** - This interval workout will keep your heart rate up while working through intervals of cardio spinning and weight training. This full body workout is sure to help you hit your fitness goals. This class is open and encouraged 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.

**Tabata Spin** - This 30 minute interval class will fly by and burn more calories than you can imagine. Set to the pace of upbeat music, we will go through a variety of tabata style intervals. Suitable for all fitness levels.

**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.

**TRX Circuit Class** - You will be introduced to a whole new way to use your body weight to chisel away those pounds and build muscle. TRX is focused on building muscle and strength while engaging your core at all times. This is a true full body workout!

**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.

**Zumba Step®** - Looking to feel the burn, baby? Looking to strengthen and tone your legs and glutes? Step right up. A combination of awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only ZUMBA® brings to the dance-floor.