

Coeur d'Alene

940 Ironwood Drive ~ Coeur D'Alene, ID 83815 208-667-2582

~ 2018 GROUP FITNESS SCHEDULE ~

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 to 6:15 am		**SPIN-N-SCULPT Amy				***Cycle SHRED Amy	
7:30 to 8:30 am		<i>Aqua Fit</i> Diane	U-JAM Kat	<i>Aqua Fit</i> Dana		<i>Aqua Fit</i> Jamie	
9:00 to 10:00 am	<i>Yoga</i> Cheryl 9:15-10:15	Peak Physique Dana	Ballet Bootcamp Chelsey	Peak Physique Dana	STRONG Chelsey	Fusion Yoga Cheryl	**STRONG Amy/ Chelsey 8:45 - 9:45
9:30 to 10:30 am		<i>Aqua Fit</i> Meghan		<i>Aqua Fit</i> Meghan		<i>Aqua Fit</i> Kat	
10:15 to 11:15 am	Meditation 10:15-10:45 1st Sun/mo		Bootcamp Meghan 10:30 - 11:30	<i>Yoga</i> Cheryl	Ballet Booty Cate		<i>Yoga</i> Diane (10:00 - 11:00)
10:35 to 11:35 am		ZUMBA & Tone Debbie		ZUMBA & Tone Debbie 11:30 to 12:30		ZUMBA & Tone Debbie	
12:00 to 1:00			KICKBOXING Meghan (must bring gloves)				
12:00 to 1:00 Noon Express		X-FIT Meghan	<i>Yogalates</i> Cheryl 12:00 - 12:45		INSANE-ABS Meghan 12:00 - 12:45	X-FIT Jamie	
4:30 to 5:30 pm		<i>Yoga</i> Sandra 4:30 - 5:20	Ballet Booty Dana 4:15 - 5:15	POWER YOGA Renee 4:15 - 5:15	<i>Body & Soul</i> Jessie/Tabi 4:15 - 5:15	<i>Body & Soul</i> Erin	
5:30 to 6:30 pm		<i>Aqua Fit</i> Kat	INSANITY KATY Basketball Court				
5:30 to 6:30 pm		BOOTCAMP Katy	STRONG Dana	RAVE Tabi	Ballet Bootcamp Dana		
6:45 to 7:45 pm		<i>Body & Soul</i> Jessie	<i>Yoga</i> Cheryl	<i>Body & Soul</i> Jessie	<i>Yoga</i> Cheryl		

Spinning Schedule

5:15 to 6:00 am		**SPIN-N-SCULPT Amy M	<i>Spinning</i> Katy		<i>Spinning</i> Amy	Cycle SHRED Amy	
6:45 to 7:30 am		Cycle SHRED Dana		Cycle SHRED Dana			<i>Spinning</i> Amy 7:45 to 8:30
8:00 to 8:45 am	<i>Spinning</i> Rotating Instructors					<i>Spinning</i> Julie 9:15 - 10:00	Cycle SHRED Julie (9:00 - 9:45)
12:00 to 12:45 Noon Express			<i>Spinning</i> Julie	<i>Spinning</i> Meghan	<i>Spinning</i> Julie		
5:30 to 6:15 pm		<i>Spinning</i> Chelsey	<i>Spinning</i> Julie 4:30 - 5:15	<i>Spinning</i> Katy	<i>Spinning</i> Dana 4:30 - 5:15	<i>Spinning</i> Katy	

Peak CDA Hours: Monday – Friday 5 AM to 10 PM, Saturday & Sunday 7am – 9pm

Please note: Classes with ** informs that this is a "Si-Up Class." All Spin classes require a sign up.

QUESTIONS: PLEASE CONTACT GROUP FIT DIRECTOR DANA DAVIS (208) 667-2582 ext. 110

AQUA FIT– Provides an all-over workout without impact on your joints. Working against the resistance of the water helps you achieve muscle strength and tone, as well as aerobic endurance.

BODY AND SOUL: A sensual dance class that incorporates strength, body awareness, posture and balance techniques. Designed for all skill levels, you can make this class an intense cardio/strength workout, or just a way to raise the heart rate and loosen up the body.

BALLET BOOTY: No dance experience needed! Find your inner ballerina through rhythmical toning and stretching.

BALLET BOOTCAMP: A little more intensity! Cardio intervals and plyometrics added. No dance experience needed! Find your inner ballerina through rhythmical toning and stretching.

BOOTCAMP - This INTERVAL style class is a challenging workout designed to give you the best cardio and strength training to offer a high energy total body workout.

CYCLE SHRED: Our new cycle class that is a unique combination of cycling and strength by incorporating your body weight as resistance. This is a high intensity class based off of our regular spin classes with a little extra muscle!

FUSION YOGA- A total body mind workout using focused attention and breath to gain the most benefits with a unique variety of yoga, pilates, and chi flow.

INSANITY: - A HIGH intensity cardio class designed for optimal results. There is no equipment involved for this class, only your BODY! Heart rate monitors are recommended. Not recommended for beginners.

INSANE ABS: A 45 minute class focused on high intensity core exercises. Designed to push your “powerhouse” to the max!

KICKBOXING: 50 minute class that meets on the basketball court. Kickbox is a combination of punching and kicking with thai pads, cardio and core work. For all fitness levels and NO EXPERIENCE is needed. Participants must bring their own gloves which are available for purchase at the front desk.

PEAK PHYSIQUE - A rigorous no-impact class that combines the techniques & principles of mat Pilates, power yoga, & balance training. We incorporate mats, balls, bands and mini-weights.

POWER YOGA – Fast paced, high intensity yoga incorporating upper and lower body strength, along with cardio and stretching. This class is open for all levels of students.

SPINNING - Based on the sport of outdoor cycling; this is a class on a special stationary bike that simulates riding hills, flats, and rolling terrain. Be prepared to sweat and have fun. You’ve heard about these classes, space is limited, so please sign-up at the front desk and you must arrive 5 minutes early. *Sign-up required two days in advance.

SPIN~N~SCULPT - This class starts in the spin room for 30 minutes of cycling, then moves to the group fitness room for a variety of sculpting moves using handheld weights, barbells, and body weight resistance for 30 minutes.

STRONG - A revolutionary new way to strength train using adjustable barbell weights. This class will sculpt and shape you from head to toe. This class targets all of your major muscle groups. Sign-up is required. (For all levels)

X-FIT- (Extreme Fitness/P90X) This class is structured around “muscle confusion.” The more you confuse, the harder the body has to keep up; more variety you put into working out, the better and faster your results will be. This is a high intensity muscle building class and is for intermediate and advanced members.

YOGA - Mix of strong, energetic movements that flow from one posture to the next. It targets every major portion of the body using power yoga poses and stretches. It is designed to heat the body internally to build strength, increase cardiovascular endurance, and calm the mind. Take it at your own pace, great for all levels.

RAVE - A higher intensity hip hop/latin dance class designed to increase your cardiovascular levels with ballistic and polymeric movements. Bring your funk, and a towel because this is the class that will make you sweat!

ZUMBA and TONE - Have fun and spice up your workout regime doing combinations of choreographed dance with lots of energy and attitude. No dance background required. All fitness levels welcome.

U-JAM – Urban Fitness unites world beats with Urban flavor and takes you on an athletic cardio workout that tones your body.

