

# 2025 JUNE

## AEROBICS CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
01	02 9 AM Bootcamp 11 AM HIIT 5:15 PM Spin	03 9 AM Flex & Stretch 11 AM TBC 5:15 PM HIIT	04 6:30 AM Triple Threat 9 AM Dance 11 AM Flex & Stretch 5:15 PM Spin	05 9 AM Power Pump 11 AM TBC 5:15 PM HIIT 6:30 PM Zumba	06 9 AM Bootcamp	07
08	09 9 AM Bootcamp 11 AM HIIT 5:15 PM Spin	10 9 AM Flex & Stretch 11 AM TBC 5:15 PM HIIT	11 6:30 AM Triple Threat 9 AM Dance 11 AM Flex & Stretch 5:15 PM Spin	12 9 AM Power Pump 11 AM TBC 5:15 PM HIIT 6:30 PM Zumba	13 9 AM Bootcamp	14
15	16 9 AM Bootcamp 11 AM HIIT 5:15 PM Spin	17 9 AM Flex & Stretch 11 AM TBC 5:15 PM HIIT	18 6:30 AM Triple Threat 9 AM Dance 11 AM Flex & Stretch 5:15 PM Spin	19 9 AM Power Pump 11 AM TBC 5:15 PM HIIT 6:30 PM Zumba	20 9 AM Bootcamp	21
22	23 9 AM Bootcamp 11 AM HIIT 5:15 PM Spin	24 9 AM Flex & Stretch 11 AM TBC 5:15 PM HIIT	25 6:30 AM Triple Threat 9 AM Dance 11 AM Flex & Stretch 5:15 PM Spin	26 9 AM Power Pump 11 AM TBC 5:15 PM HIIT 6:30 PM Zumba	27 9 AM Bootcamp	28
29	30 9 AM Bootcamp 11 AM HIIT 5:15 PM Spin					

# CLASS LIST

Flex & Stretch	Flex focuses on strength training, while Stretch improves flexibility and releases tension.
TBC	(Total Body Conditioning): Comprehensive workout targeting all major muscle groups for overall strength and conditioning.
HIIT	(High-Intensity Interval Training): Fast-paced, intense intervals of cardio and strength to burn calories and build endurance.
Triple Threat	A powerful blend of cardio, conditioning, and flexibility to build strength, stamina, and mobility.
Dance	Energetic and rhythmic dance routines that provide a full-body workout while boosting coordination and mood.
Spin	Indoor cycling class focusing on endurance, speed, and strength for a heart-pumping ride.
Bootcamp	High-energy, full-body workout combining strength, cardio, and agility drills for maximum results.
Power Pump	Barbell-based strength training class inspired by Les Mills Body Pump, focusing on high-rep, low-weight exercises for total body toning.
Zumba	Fun, dance-based cardio workout set to upbeat music to improve fitness while having a blast.