

GROUP FITNESS - Session 4 (Feb. 24 - Apr. 3)

Start Time:	Mon	Tue	Wed	Thu	Fri
5:15 AM (45 min)		Boot Camp	Transform :20 (Rd. 2)	Boot Camp	
9:00 AM (60 min)	STRETCH	Silver Sneakers	STRETCH	Silver Sneakers	STRETCH
12:15 PM (30 min)	Sculpt	Transform :20 (Rd. 2)	sculpt	Transform :20 (Rd. 2)	
5:30 PM (45 min)	SH1FT Round 2	Yoga		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 and exhilarate the body and mind.

Transform :20 : High intensity cardio-conditioning class that utilizes a step for an effective efficient workout

SH1FT: High intensity format suitable for any age, body & fitness level, burning up to 500 calories

Bootcamp: A full body workout targeting arms. Legs, core and cardio.

Sculpt: Focusing on strengthening, lengthening, balancing and fortifying from outside in, targeting and toning all the major muscle groups.

CYCLE STUDIO

We now have Virtual Cycling classes available w/ Peloton App!

Available times for Virtual Riding:

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

With exception of Spinning classes on :

Mondays & Wednesdays 12pm - 1pm

Tuesdays @ 8:00am and Tuesdays & Thursdays 5:30am - 6:30am

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