

# GROUP FITNESS July

Start Time:	Mon	Tue	Wed	Thu	Fri
5:30 AM (30 min)	<i>Morning</i>	<i>Classes</i>	<i>Return</i>	<i>In</i>	<i>Summer!</i>
9:00 AM (60 min)	<b>Stretch</b>	<b>Silver Sneakers</b>	<b>Stretch</b>	<b>Silver Sneakers</b>	<b>Stretch</b>
12:15 PM (30 min)	<b>Total Body Burn</b>	<b>Smash HIIT</b>	<b>Total Body Burn</b>	<b>Fat Blast 30</b>	
5:30PM (60 min)		<b>Yoga</b>			

**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 & exhilarate the body and mind.

**Fat Blast 30:** Cardio blasting, muscle building and metabolism boosting all in one workout

**Smash HIIT:** High intensity training that targets the whole body to help be more efficient in less time

**Total Body Burn:** In 30 min. will burn max calories during & after class by keeping heart rate high & improving endurance

**We now have Virtual Cycling classes available through the 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: 5:30am - 6:30am**

**Tuesdays & Thursdays 7:30am - 8:30am**

**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](http://www.ccccsidney.com)**

**308-254-7000**