WORLD GYM GROUP EXERCISE CALENDAR

March 20

Set the starting date in cell C2. Rows 3 and 4 will automatically update with the correct dates and days of the week.

3/20 MONDAY	3/21 TUESDAY	3/22 WEDNESDAY	3/23 THURSDAY	3/24 FRIDAY	3/25 SATURDAY	3/26 SUNDAY
8:00-9:00 AM BUNGEE FITNESS SASSY GILES		**8:00-9:00 AM** BUNGEE FITNESS SASSY GILES				
9:00-10:00 AM POWER PUMP SASSY GILES	**9:00-10:00 AM** PILATES/BARRE MEGAN CLARK	**9:00-10:00 AM** BOOTCAMP SASSY GILES	**9:00-10:00 AM** TRX CIRCUIT SASSY GILES	**9:00-10:00 AM** PILATES MEGAN CLARK	**9:30-10:30 AM** BODY FUSION JENNA ANDERSON	
10:00-11:00 AM ZUMBA MAYRA LUNDELL	**10:00-11:00 AM** ZUMBA JULIANNE DENNEY	**10:00-11:00 AM** ZUMBA MAYRA LUNDELL				
11:00-12:00 PM BARRE BETHANY GRANT	**11:30-12:30 PM** STRETCH 101 JENNA ANDERSON	**11:00-12:00 PM** BARRE BETHANY GRANT	**11:00-12:00 PM** YOGA FLOW JENNA ANDERSON	**11:30-12:30 AM** ZUMBA JULIANNE DENNEY		
		12:00-12:30 PM POWER ABS DANNY NESTOR				
	6:00-7:00 PM ZUMBA JOY BARTEL		**6:00-7:00 PM** ZUMBA JOY BARTEL			

Class Descriptions:

BUNGEE FITNESS: a motion based, resistance training program that allows the needed buoyancy, provided by the bungee cord and harness attached at your hip, to perform exercises that you may not be able to do without assitance--no pain on the joints!

ZUMBA: A Latin-inspired fitness program that involves aerobic dancing and other cardiovascular exercises. The word "zumba" has its roots in Colombia and it means "to move fast and have fun" which is exactly what the fitness program is all about. Exercise is done with upbeat Latin music to create a fun and party-like atmosphere.

BARRE: The Barre is used as a prop to balance while doing exercises that focus on isometric strength training combined with high reps of small range-of-motion movements.

BODY FUSION/ANIMAL FLOW: Animal Flow is a ground based strength, mobility, and body-awareness practice. People who add animal or quadrapedal movement patterns into their health and wellness practices find and increase in functional movement patterns, joint range of motion, and fundamental stability in hips and shoulders.

SPIN: Real road riding with resistance including hills and bursts inside our amazing studio room!

POWER ABS: This class is designed to target your torso, working all aspects of the ab muscles front, side, and back, sculpting your abs into shape. This 25 minute class will have your core feeling stronger than ever!

POWER PUMP: This is a strength training class followed up with HIITs to increase your heart rate. We use barbells to target muscle groups and dumbbells to create lean muscle and a toned physique. We also utilize stretchy bands, medicine balls, kettlebells, steps, and any other kind of arsenal to provide variety to functional training. We promise this class will challenge you and hook you into coming back!