# WORLD GYM GROUP EXERCISE CALENDAR

**January 23**

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

| 1/23 MONDAY | 1/24 TUESDAY | 1/25 WEDNESDAY | 1/26 THURSDAY | 1/27 FRIDAY | 1/28 SATURDAY | 1/29 SUNDAY |
|---|---|---|---|---|---|---|
| **8:00-9:00 AM**<br>BUNGEE FITNESS<br>SASSY GILES | | | | | | |
| **9:00-10:00 AM**<br>POWER PUMP<br>SASSY GILES | **9:00-10:00 AM**<br>PILATES/BARRE<br>MEGAN CLARK | **9:00-10:00 AM**<br>BOOTCAMP<br>SASSY GILES | **9:00-10:00 AM**<br>TRX CIRCUIT<br>SASSY GILES | **9:00-10:00 AM**<br>PILATES<br>MEGAN CLARK | **9:30-10:30 AM**<br>BODY FUSION<br>JENNA ANDERSON | |
| **10:00-11:00 AM**<br>ZUMBA<br>MAYRA LUNDELL | | **10:00-11:00 AM**<br>ZUMBA<br>MAYRA LUNDELL | | | | |
| **11:00-12:00 PM**<br>BARRE<br>BETHANY GRANT | **11:30-12:30 PM**<br>STRETCH 101<br>JENNA ANDERSON | **11:00-12:00 PM**<br>BARRE<br>BETHANY GRANT | **11:00-12:00 PM**<br>YOGA FLOW<br>JENNA ANDERSON | **11:30-12:30 AM**<br>ZUMBA<br>JULIANNE DENNEY | | |
| | | **12:00-12:30 PM**<br>POWER ABS<br>DANNY NESTOR | | | | |
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| | **6:00-7:00 PM**<br>ZUMBA<br>JOY BARTEL | | **6:00-7:00 PM**<br>ZUMBA<br>JOY BARTEL | | | |
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## 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.

**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!