

# PSMC Group Fitness Schedule



Class Key:	Low-Medium	Medium Impact	High Impact		
Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:05 PM	<b>Lunchtime Losers</b> Trimmed & Toned <i>Mindy</i>	<b>Lunchtime Losers</b> Spin & Sculpt <i>Mindy</i>	<b>Lunchtime Losers</b> Pump It Up <i>Mindy</i>	<b>Lunchtime Losers</b> Spin <i>Mindy</i>	
5:15 PM		<b>Yoga</b> <i>Karen</i>			
5:30 PM	<b>HIIT</b> <i>Andrea</i>		<b>Cardio Sculpt</b> <i>Andrea</i>		

## Fitness Class Descriptions

**Cardio Sculpt:** Want to get a full body workout with Cardio? This is an energetic cardio workout that will tone and burn fat - 60 minutes in duration.

**Crossing It Up:** Combining big movements in a small amount of time! This class is designed to improve strength and endurance no matter what your fitness level! 20-30 minutes.

**Pump It Up:** Fast-paced, barbell-based workout that's specifically designed to help you get lean, toned and fit. This class is designed to improve strength and endurance no matter what your fitness level! 30 minutes.

**HIIT** is a challenge workout because each component of the workout provides different emphasis or system response, so your body never get accustomed to the constant changing format. 60 minutes in duration.

**Spin & Sculpt:** Combining Intervals of cardio and strength movements. This class will have you sweating and sculpt in in no time! 25-35 minutes.

**Total Body Sculpt:** Low- Impact/Body Sculpt - is an energetic, upbeat aerobics class that combines cardiovascular training & toning exercises, for a superior total body workout. A great workout for all levels of fitness enthusiasts.

**Trimmed and Toned:** Want to get a low impact total body workout with Toning and Cardio, then this is the class for you! Low to medium impact yielding BIG results! Tone your body and get your heart pumping in this fun class for all fitness levels! 30 minutes

**Yoga** Want a great way to work on your flexibility and strength?

Come join us to learn mindfulness and relaxation techniques.

