



To register for classes, please contact Lisa at 231-329-2203
Classes Now Held Inside The GYM

308 Center Street, North Muskegon, Michigan, 49445

January Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Happy New Year!		PIYO 7-8am Punch N Crunch 8-8:50a	No Classes	No Classes	No Classes
		Muscle Madness 5-5:50p STRONG by Zumba 7-8pm	Cardio Sculpt 4:45-5:15pm Mean Machine 5:30-6:30pm	Vasayo Conference in Orlando	Vasayo Conference in Orlando	Vasayo Conference in Orlando
7	8	9	10	11	12	13
	PIYO 7-8am STRIKE! 8-8:50am		PIYO 7-8am Punch N Crunch 8-8:50a	STRONG by Zumba 6:50a	RIPPED 8-8:50am	Trainer's Choice 9-10
	RIPPED 5-5:50pm Cardio Sculpt 6-7pm	Circuit 5-5:50pm STRONG by Zumba 7-8pm	Cardio Sculpt 4:45-5:15p Mean Machine 5:30-6:30p	Punch N Crunch 5-5:50p		
14	15	16	17	18	19	20
	PIYO 7-8am STRIKE! 8-8:50am		PIYO 7-8am Punch N Crunch 8-8:50a	Hit It Kickboxing 7-7:50	RIPPED 8-8:50am	Trainer's Choice 9-10
	STRONG by Zumba 5-6p STRIKE! 6-7pm	BootcampX 5-5:50pm STRONG by Zumba 7-8pm	Cardio Sculpt 4:45-5:15p Mean Machine 5:30-6:30p	Punch N Crunch 5-5:50p		
21	22	23	24	25	26	27
	PIYO 7-8am STRIKE! 8-8:50am		PIYO 7-8am Punch N Crunch 8-8:50a	STRONG by Zumba 6:50a	RIPPED 8-8:50am	No Classes
	RIPPED 5-5:50pm Cardio Sculpt 6-7pm	Circuit 5-5:50pm STRONG by Zumba 7-8pm	Cardio Sculpt 4:45-5:15p Mean Machine 5:30-6:30p	Punch N Crunch 5-5:50p		
28	29	30	31	1	2	3
	TBA	TBA	TBA	TBA	TBA	TBA

Hit It Kickbox II: A non-stop hour, packed full of heart pumping cardio kickboxing mixed with a variety of strength intervals that are sure to leave you feeling strong and energized

Mean Machine : This class uses machines, ellipticals and small equipment, along with body weight exercises to improve strength and muscular endurance. This class will be held in the circuit room at the GYM.

Punch N Crunch: A mix of cardio punching with the use of the punching bags mixed with intermittent core work.

Strong by Zumba: Incorporates HIIT training with a twist. This class is Tempo driven, the strength of the beat will challenge your muscles and cardio system to find power, strength, speed, stamina and mobility. Discover the athlete within you, feel the force, the energy and get fit! This class can be modified to meet all fitness levels.

Cardio Sculpt: This 45-minute workout mixes cardio with strength training for the ultimate sweat session. Body weight and dumbbells are all you will need to produce results in this fast yet fun class.

BootcampX: This class is 30 minutes of strength followed by 30 minutes of cardio training. Each 30 minute session is made up of 6-7 different exercises done for 3-4 sets.. With each set, each exercise either increases or decreases in reps. The idea is to take the muscles to fatigue to aid in increasing strength and improve cardio endurance in the cardio segment of the workout.

