



# SCHEDULE



2514 Bell Rd. Auburn, CA 95603 530-885-1964 cacfit.com

## Winter 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15-6:30am Strong Betsy	5:15-6:05am HIIT Dana	5:15-6:30am Strong Betsy			
8:00-9:00am Mat Pilates Ginny	8:15-9:15am Yoga Flow Heather	8:00-9:00am Mat Pilates Pam	8:15-9:15am Yoga Flow Heather	8:00-9:00am Mat Pilates Ginny	8:00-8:55am Power Hour Alternating Instructors	
9:15-10:10am Boot Camp Jackie	9:30-10:25am DanceKlub Kelly	9:15-10:10am Raise the Bar Danielle	9:30-10:25am R.I.P.P.E.D. Danielle	9:15-10:10am Step it Up! Nicole	9:00-9:55am DanceKlub Kelly	
10:15-11:10am Smart Moves Susan	10:30-11:25am T-N-T Jackie	10:15-11:10am Smart Moves Susan	10:30-11:25am Zumba Jacquelyn	10:15-11:10am Gentle Yoga Ginny		10:00-11:00am Yoga Flow Sara M.
4:00-5:00pm Yoga Flow Aerowenn		4:00-5:00pm Yoga Flow Aerowenn		4:00-5:00pm Restorative Yoga Sara M.		
5:30-6:25pm DanceKlub Kelly	5:30-6:25pm Raise the Bar Danielle	5:30-6:25pm Cardio Kick! Nicole	5:30-6:25pm Strong Betsy			
6:30-7:30pm Intro to Ashtanga Yoga Sara M.		6:30-7:25pm DanceKlub Amy				

### Class Descriptions

**Boot Camp:** Command Power, Strength, and Agility with a military inspired circuit workout that will push you to your limits.

**Cardio Kick!** Easy-to-follow kickboxing class interval style! Punch/Kick drills utilized to burn fat while building strength. .

**DanceKlub:** A dance workout that will put a smile on your face while your heart is racing. Features the hottest top 40 hits while blending hip hop and dance moves that are easy to follow.

**HIIT:** High-Intensity Interval Training combining cardio and strength.

**Mat Pilates:** Improve balance, flexibility, core and overall body strength through mindful body exercises that incorporate breathing, concentration, and control of movement.

**Power Hour:** Dynamic strength training utilizing many tools! Build strength and lean muscle to increase your metabolism.

**Raise the Bar!:** Come experience total body strength training using barbells, plates, and step platforms, all choreographed to upbeat music for a rockin' workout!

**R.I.P.P.E.D.:** "The One Stop Body Shop" total body "plateau proof" workout! Combines Resistance, Intervals, Power, Plyometrics, Endurance, and Core. All levels.

**Smart Moves:** A low-impact class designed for the beginning exerciser or someone looking for a less intense workout. Strength and stretch work included.

**Step It Up:** An energetic and classic step class!

**Strong:** A full class devoted to strength training and core exercises.

**T-N-T:** Tighten and Tone your body from head to toe in just 45 minutes!

**Yoga:** Reduce Stress and gain flexibility, strength, and balance.

-Ashtanga: A traditional system of yoga, each series a prerequisite for the next and increasing in level of difficulty. Same sequence of poses every class, using the breath to count holds and often moving from one pose to another on each inhalation or exhalation.

-Flow: A series of smooth flowing poses that correspond with your breathing.

-Gentle: A slower paced class with gentler poses.

-Restorative: A slow, gentle form of yoga that promotes well-being, relieves stress and heals the body.

**Zumba:** A Latin-inspired dance fitness craze! Come shimmy, shake, and have a blast. Low-impact.