



# SCHEDULE



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

## Spring 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 HIIT 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 Friday Flow Joan	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	5:30-6:25pm DanceKlub Amy		
		6:30-7:45pm Latin Ballroom Dance Lessons* Ricky				

Presenting:  
**Ricky Ricardo Villa**  
**Latin Ballroom**  
**Dance Lessons**  
 \$15/class  
 Singles and Couples  
 Drop-Ins Welcome!

\*Additional cost.

### Class Descriptions

**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.

**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.

-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.