



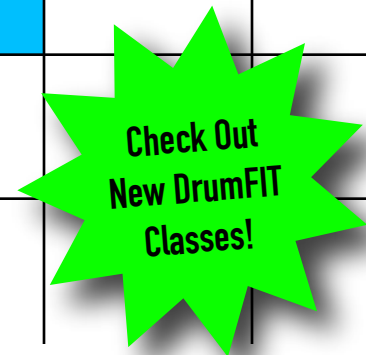
SCHEDULE



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

August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15-6:30am Strong Betsy		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 Joan		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			
NEW! 6:30-7:30pm DrumFIT Donna		NEW! 6:30-7:30pm DrumFIT Donna				



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.

DrumFIT: A super fun workout that works your entire body, brain to booty. Follow along to energetic routines that use an exercise ball, a tub, and drumsticks! All levels

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.