



# SCHEDULE



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

## Spring 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15-6:30am Strong Betsy		5:15-6:30am Strong Betsy			
8:00-9:00am Mat Fusion Toni	8:15-9:15am Yoga Flow Heather	8:00-9:00am Mat Fusion Heather	8:15-9:15am Yoga Flow Heather	8:00-9:00am Mat Fusion Toni	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	NEW! 10:30-11:15am Pound! Danielle	10:15-11:10am Gentle Yoga Joan	NEW! 10:00-10:30am Ab-solution Kelly	10:00-11:00am Yoga Flow Alternating Instructors
		NEW! 11:15-12:10pm Zumba Denise				
4:00-5:00pm Yoga Flow Aerowenn		4:00-5:00pm Yoga Flow Aerowenn		It's Back! 4:00-5:00pm Yoga Stretch & Release Toni		
5:30-6:25pm DanceKlub Kelly	5:30-6:25pm Raise the Bar Danielle	5:30-6:30pm DrumFIT Donna	5:30-6:25pm Strong Betsy			
6:30-7:30pm DrumFIT Donna						

### Class Descriptions

**Ab-solution:** 30 minutes of solid core work.

**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 Fusion:** Improve balance, flexibility, strength and core with a fusion of exercises that incorporate the whole body, mind and breath.

**Pound!:** Rockout and workout using weighted drumsticks. Come join the fun!

**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.

-Stretch and Release: Relieve tension and stress with deep stretching and

myofascial release utilizing tennis balls.

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