

Want great abs? Get rid of back pain? Become stronger, shape and tone your body? Begin your new year's resolution now in November.

Sport Fit has started a new program called Les Mills, which is included in your membership. We are offering three (3) types of classes – Bodypump, CXWorx, and GRIT.

BODYPUMP is a 45-60 minute weight class for everyone. You will be using light to moderate weights with lots of repetition. It gives you a total body workout that burns lots of calories.

CXWORX is a 30-minute workout that will give you a stronger core and back, while at the same time a whole body workout shaping up your waist line. It will also get rid of back pain.

GRIT is a 30-minute high-intensity interval training designed with short rounds of high intensity exercises followed by strategic recovery. Be ready to burn more than 500 calories in 30 minutes.

All of these classes and more are included in your membership. See the schedule below, pick up a schedule at the club, go to the website www.sportfitclubs.com or contact your membership advisor for more information. Bring a friend and start now with your new workout. They are a lot of fun.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS GRIT Strength 5:55-6:25am Courtney						
Yogalates 8:30-9:25am Laura	Yoga 8:00-8:55am Crystal	Yoga 8:30-9:25am Maria	Yoga 8:00-8:55am Jennifer	Gentle Yoga 8:30-9:25am Margie 1 st 3 rd 5 th Stacie 2 nd 4 th	8:00-8:45am ChoreoStep Julie	Gentle Yoga 8:30-9:25am Claire
LES MILLS GRIT Strength 9:30-10:15am Laura	ZUMBA 9:00-9:45am Michelle	Step 'n Tone 9:30-10:25am Cheryl	ZUMBA 9:00-9:45am Edwidge	ChoreoStep 9:30-10:15am Kelly	LES MILLS GRIT Cardio 8:50-9:20 Courtney	ZUMBA 9:30-10:30am Crystal
LES MILLS BODYPUMP 10:20-11:20am Cheryl	Sculpt 'n Abs 9:50-10:30am Lanie		LES MILLS CXWORX 9:50-10:25am Cheryl	Corrective Muscle Conditioning 10:20-11:05am Rosemary	LES MILLS BODYPUMP 10:05-10:50 Edwidge	Pump Fit 10:35-11:20am Julie
	LES MILLS CXWORX 10:35-11:05am Cheryl	Yoga 10:30-11:30am Stacie	Gentle Yoga 10:30-11:30am Lee	DanzFIT 11:15-12 noon Rosemary	Vinyasa Yoga 11:00-12noon Leslie	
	Weight Circuit <i>Fitness Center</i> 11:45-12:30		Weight Circuit <i>Fitness Center</i> 11:45-12:30 Gigi		African Dance 12:10-1:10 Kai	
LES MILLS BODYPUMP 5:05-6pm Edwidge	Yoga 5:00-5:55pm Catherine	LES MILLS BODYPUMP 5:05-6pm Edwidge	Yoga 5:00-5:55pm Mary Jane			Pilates 4:00-4:45pm Nellie
Body FIT 6:05-6:50pm Nellie	Pilates 6:00-6:45pm Nellie	LES MILLS GRIT 6:05-6:35 Strength Kaite	LES MILLS CXWORX 6:00-6:35 Tony	Belly Dance Basic & Beyond 6:00-7:15pm Gigi		
ZUMBA 6:55-7:40pm Pamela/Cindi	LES MILLS CXWORX 6:50-7:20 Cheryl (Gigi)	ZUMBA 6:45-7:30pm Melissa/ Jazmin	LES MILLS GRIT 6:40-7:10pm Cardio Verline			
Yoga 7:45-8:45pm Lo	ZUMBA 7:30-8:15pm Meko	Yoga 7:35-8:35pm Claire				