

Group X

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am		Rock Body Greg		Rock Body Greg		
8:00 am		Stretching & Abs Kelli		Stretching & Abs Kelli		Cardio Kick Greg or Megan (8:15)
9:00 am	Fitness Mix Chris	Machines and More Greg	Fitness Mix Chris	Machines and More Greg	Fitness Mix Chris Silver Sneakers Yoga Stretch Janet	
10:00am	SilverSneakers Janet		SilverSneakers Janet			
12:00 pm		Boot Camp Greg		Boot Camp Greg		
4:30 pm		Boot Camp Chris		Boot Camp Chris		
5:30 pm	Rock Body Greg	Cardio Kick Megan or Heather	Rock Body Greg	Cardio Kick Megan or Heather		
6:15 pm			Zumba Emeley			
6:30 pm						
7:00 pm						

All Classes 45 min. Boot Camp 30 min.

***When Fusions hours of operation are modified due to holidays or bad weather, all classes are cancelled.**

Fitness Mix - This is a fast pace class that will involve all aspects of fitness and working out. It will have cardio, machines, free weights, resistance bands, medicine balls, and more. This class will keep you moving throughout the facility, taking advantage of all Fusion has to offer!

Rock Body - Designed to tone and condition muscles through muscular endurance training, while raising your metabolic rate for rapid fat burning. This class is fun and upbeat. Expect fast results! Rock Body is a total body exercise class that will tone you up and strengthen your muscles.

Boot Camp - An intense circuit training class. This Class is designed to get your heart beating and tone at the same time. Resistance Training, Plyometric Training and Endurance will all be found at this camp!

Cardio Kick - A high-intensity cardio workout that blends elements of boxing, martial arts and traditional aerobics into a 60-minute exercise routine. This class will incorporate traditional exercises such as jumping jacks, weights, abs, squats, and push-ups to create a total body workout. Classes vary but generally feature a variety of punches, kicks, and knees interspersed with a bouncing "base" move. This high-impact workout will increase your strength and flexibility while burning fat.

Machines & More - This small group class offers an opportunity to work with the resistance machines and some free weights. For beginners or intermediate, this class is designed to sculpt your body and allow you to become comfortable using the equipment.

Silver Sneakers - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Silver Sneakers Yoga Stretch - Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Stretching & Abs - From top to bottom or bottom to top, have your body stretched in a relaxing, low intensity class. Flexibility is a very important to overall health and fitness. Also come for some abdominal work with different exercises that will challenge your core!

Group X-tra for Kids - This high energy class is designed for children Kindergarten through 8th grade. This class involves aerobic exercises, relays, physical skills strengthening and training, and LOTS OF FUN!

Zumba - The zumba program fuses hypnotic rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away. Routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a zumba class.