



Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cardio Walk 5:30-7:00am Katherine				
	Spinning 7:15-8am Amelia		Spinning 7:15-8am Amelia		Bootcamp 9:30-10:30am Amelia
Core Training 10-11am Lauren		Pilates Mat 10:30-11:30 Lauren	Power Walk 10-11am Katherine	Cardio! Cardio! 9:30-10:30am Sandra	
Yoga 6:15-7:15pm Caroline		Total Body Conditioning 6:15-7:15pm Caroline			
Total Body Conditioning 7:15-8:15pm Sandra	Spinning 7-8pm Lindsey	Yoga 7:15-8:15pm Sandra	Spinning 7-8pm Lindsey		

Total Body Conditioning: Sculpt your entire body in a fun and challenging workout!

Core Training: This Core Training Class takes you beyond your typical abs routine. Learn to work the muscles surrounding your trunk and pelvis to utilize the entire core region.,

Spinning: Come to this indoor cycling class to melt away the calories, strengthen your heart and tone your legs!

Yoga: Sandra or Caroline will guide you through a series of Yoga poses and stretches that will increase your strength and flexibility. All levels welcome!

Pilates: Challenge your core while lengthening and strengthening your muscles.

Cardio ! Cardio!: Elevate you heart rate and sweat away the stresses from the week in this high energy class with Sandra!

Bootcamp: Start your weekend out right with a Total Body Workout! This challenging class is adaptable for all levels!

Walking Program: Cardio Walk is a high intensity walk and Power Walk will be a fantastic cardio workout for more fitness levels. Classes are outdoors, meet at the club.

*To reserve a spot in class (Not required to take a class), contact Kristen: 240-242-3053 or kristenw@kensingtonfitness.com