



## SUMMERVILLE CLASS SCHEDULE

TIME	M	T	W	TH	F	SA	SU
5:00 AM	Flow Yoga <i>Jessica</i>						
5:30 AM			Cycling <i>Tiffany</i>				
9:00 AM	Barre <i>Debbie</i>	PomSquad <i>Debbie</i>	Zumba <i>Melanie</i>	WERQ <i>Debbie</i>	Yoga <i>Joe</i>	Kettlebell AMPD <i>Tiffany</i>	
10:00 AM	WERQ <i>Brandi E.</i>	AMPD Powerflow <i>Fallon</i>	Zumba Strong <i>Melanie</i>	Kettlebell AMPD <i>Brandi E.</i>	Dance Fitness <i>Ryan</i>	Zumba <i>Laura</i>	Cycling <i>Tiffany</i>
11:00 AM	See Black Force MMA schedule for paid classes		See Black Force MMA schedule for paid classes				Coming Soon PomSquad <i>Tiffany</i>
12:00 PM						*Zumbini <i>Carroll</i>	
2:00 PM to 4:30 PM							Kendo <i>Ed</i>
4:30 PM		All Levels Flow Yoga <i>Jessica</i>					
4:45 PM			All Levels Flow Yoga <i>Jessica</i> (30 minutes)				
5:30 PM	Cycling <i>Vern</i>	Zumba Step <i>Laura</i>	Cycling <i>Vern</i>	Dance Fitness <i>Brandi F.</i>	See Black Force MMA schedule for paid classes		
6:30 PM	WERQ <i>Carroll</i>	Zumba <i>Laura</i>	Dance Fitness <i>Ryan</i>	Kettlebell AMPD <i>Wendy</i>	AMPD Fusion <i>Dee Dee</i>		
7:30 PM	See Black Force MMA schedule for paid classes	See Black Force MMA schedule for paid classes	See Black Force MMA schedule for paid classes	See Black Force MMA schedule for paid classes			
8:30 PM	See Black Force MMA schedule for paid classes	See Black Force MMA schedule for paid classes	See Black Force MMA schedule for paid classes				



## DESCRIPTION OF CLASSES

**AMPD POWERFLOW:** A calorie burning, low impact workout. Help you gain strength, balance and flexibility all set to music.

**ZUMBA STEP:** Great for sculpting the lower body. Using the step gives you an intense interval workout.

**CYCLING:** Fun, intense cardio workout on the bike -- great for fat burning! All levels welcome.

**DANCE FITNESS:** High energy cardio and toning, set to choreographed music routines that provide fun and exhilarating exercise.

**KENDO:** "The Way of the Sword". Japanese Fencing

**KETTLEBELL AMPD:** Heart pumping music with each song focusing on a main area, while still maintaining a full body workout.

**WERQ:** Fiercely fun dance fitness workout fusing today's hottest pop rock and hip hop music with easy dance routines.

**YOGA:** Strengthening of the core muscles with breath and precise exercises while connecting and conditioning the whole body!

**ZUMBA:** Work up serious sweat and get your heart rate up, up, up with this jamming Latin inspired routines.

**ZUMBINI:** Designed for kids ages 0-4 - Combines music, dance and educational tools for 45 mins of bonding fun for mom & child.

**POMSQUAD:** Super fun, immensely positive, high energy dance fitness class. Shake your pom pom's.

**BARRE:** Combination Pilates and Ballet. Great core workout

BUSINESS HOURS	CHILDCARE HOURS
<b>Monday - Friday</b> 8am - 8pm	<b>Monday-Friday</b> 8:30am - Noon
<b>Saturday</b> 8am - 5pm	4pm - 8pm
<b>Sunday</b> Noon - 5pm	<b>Saturday</b> 9am - Noon

**All BOLD FITNESS classes are included with the VIP membership**

**\*Zumbini is a paid class through Zumba**

**Please see BOLD FITNESS BLACK FORCE MMA CLASS SCHEDULE for Martial Arts Pricing**