



Murrells Inlet

GEX SCHEDULE

EFFECTIVE JANUARY 15TH, 2018

#FITNESSEGE843 #FE843GEX

Be sure to join our FE MVP page on FACEBOOK!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am SPINNING Sue			5:30am LES MILLS BODY PUMP Maren		
	8:00am LES MILLS BODYCOMBAT LES MILLS BODY PUMP Janis		8:00am SPINNING Sue		8:00am SPINNING Sue
9:00am SPINNING Janis LES MILLS BODY JAM Robin	9:00am LES MILLS BODYSTEP Stephanie/Robin	9:00am LES MILLS BODYATTACK Stephanie	9:00am LES MILLS BODY PUMP Ron	9:00am LES MILLS BODYCOMBAT Melissa	9:00am LES MILLS BODY PUMP Melissa/Janis
10:00am Fitness Edge <i>YoButt YoGut</i> Jacey	10:00am LES MILLS BODYFLOW Janis		10:00am ZUMBA FITNESS Andrea	10:00am Fitness Edge <i>Power Vinyasa</i> <i>Yoga</i> Jacey	10:00am Fitness Edge <i>TAI CHI</i> Janis
			10:00am Fitness Edge <i>Gentle Yoga</i> Jacey		10:00am INSANITY EXPRESS Melissa
10:15am Fitness Edge <i>Forever Fit</i> Stephanie	10:15am Fitness Edge <i>Forever Strong</i> Ron	10:15am Fitness Edge <i>Senior CIRCUIT</i> Andrea		10:15am Fitness Edge <i>Forever Fit</i> Andrea	
	11:15am Silver Sneakers CLASSIC FITNESS Robin			11:15am Fitness Edge <i>Senior Yoga</i> Jacey	
5:45pm LES MILLS BODYCOMBAT 45minutes Melissa	5:45pm Fitness Edge <i>Interval Intensity</i> Mike	5:45pm SPINNING Ron	5:45pm Fitness Edge <i>Vinyasa Yoga</i> Jacey	<p>*Important Notes:</p> <ul style="list-style-type: none"> ◆Schedule subject to change based on attendance ◆Minimum of 3 participants to have class. ◆Please DO NOT enter class if you are more than 10 minutes late. 	
6:30pm LES MILLS BODY PUMP Melissa	6:30pm ZUMBA FITNESS Andrea	6:30pm LES MILLS BODY PUMP Heather			

Murrells Inlet Class Descriptions

BODYATTACK™...Ready to get fit, stay fit, and get fitter? This 45 minute class is the sports-inspired cardio workout you have been looking for! This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Get ready for a heart pumping workout! "**EXPRESS**" is a 30 minute version. **ALL LEVELS**

BODYCOMBAT™... is the empowering 55 minute cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. **ALL LEVELS**

BODYFLOW™ ...is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. **ALL LEVELS**

BODYJAM™...is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat. Funky instructors teach you to move with attitude through this 55-minute class. So grab a friend, get front and center, and get high on the feeling of dance.

"**EXPRESS**" is a 30 minute version **ALL LEVELS**

BODYPUMP™... Are you ready to burn lots of calories? This 45-55 minute program uses resistance with rhythm to challenge all your major muscle groups. Let this class inspire you to get the results you came for! "**EXPRESS**" is a 30 minute version. **ALL LEVELS**

BODYSTEP™... experience this athletic, yet fun step workout that will tone the upper & lower body, increase overall fitness & coordination, & engage functional strength training. Don't miss this 45-55 minute class that will leave you feeling liberated and alive! There is also a 30(express) and 45 Minute version of this class offered. "**A**" represents athletic version. **ALL LEVELS**

Forever Fit... a 45 minute class of practical exercises to help increase your endurance and stamina. Special exercise considerations and modifications are components of our safe & enjoyable functional fitness program. **ALL LEVELS**

H.I.I.T. Cycle...High Intensity Interval Training for the bike! Join us on a 30 minute ride to push your aerobic threshold & get maximum results in minimal time. **ALL LEVELS**

INSANITY™... Our certified INSANITY® workout will push you past your limits with plyometric drills on top of nonstop strength, power, resistance, and ab/core training moves. Each workout keeps you constantly challenged by alternating aerobic & anaerobic intervals utilizing MAX Interval Training. **ALL LEVELS**

SilverSneakers®...The nation's leading exercise program for active older adults. We focus on fitness, friends, & FUN! In **CLASSIC** we use a variety of exercises (using the ball, hand weights, & resistance tube),while seated in a chair, designed to increase muscular strength, range of movement and activities for daily living. With **CIRCUIT** the same props are used, however, the low impact aerobic choreography can be done standing to encourage muscular endurance. **YOGA** will move your whole body through a complete series of seated & standing postures. Chair support is offered to safely perform postures that are designed to increase flexibility, balance, & range of movement. All classes are 45minutes **LEVEL 1**

SPINNING™...This group cycling class will give you a fun aerobic workout. The instructor takes participants through heart pumping journeys. Don't worry; you control the speed & resistance so you can make it an enjoyable class whether you are a beginner or experienced rider. Bring your towel & water bottle on this high energy 45-minute journey. **ALL LEVELS**

Yoga...We offer 3 different types of Yoga. Yo Butt Yo Gut is a class designed to strengthen your trunk/core (including abdominals, low back, glutes), Gentle Yoga introduces you to basic level yoga poses, Power Vinyasa delivers more challenging poses and options. All are suitable for any student who is interested in building strength, flexibility and creating a mind body connection. In this 55 minute mind/body adventure which synchronizes the breath to link the postures thru a dynamic practice. You will learn to combine movement & breath to keep you toned & flexible while you release tension and fatigue. **ALL LEVELS**

ZUMBA®... Zumba® fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in 45 minutes of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! **ALL LEVELS**

When starting something new, consider using the Smart Start approach. Feel free to try ANY new class for about 20-30mins then stick around and observe the remainder of class. Try this a few times, progressively adding more minutes to your workout & after a few classes you'll be finishing the class in no time!