

Monday - Friday 8:15am to 12:15pm

Monday - Thursday 4:15pm to 7:30pm

Friday 4:15pm to 6:45pm

Saturday 8:30am - 11:30am

Cost is \$2 per child per hour (2 hour Maximum per day)

Barre & Cycling room classes are limited to 5 participants

You may sign up for classes beginning 24 hours prior to class time at the front desk or call 1-501-605-1506

Classes will be 50 minutes long if there is a class scheduled directly afterward.

August 2020 Barre and Cycling Room

No Audio or Video Recording Without Express Permission

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:00am to 5:45am	Pure Cycle Rebecca		Cycle Sprints Rebecca		Cycle & Strength Rebecca
8:30am to 9:25am	HIIT Courtney	Cycle & Core Courtney		Barre Courtney	Barre Cardio Fusion Courtney
9:30am to 10:25am					Pure Cycle Meagan
4:45pm to 5:40pm			Pure Cycle Meagan	Cycle & Strength Meagan	
6:00pm to 6:45pm					

Barre & Cycling Room Saturday Shake Up Schedule

Saturday	August 1	August 8	August 15	August 22	August 29
9:00am - 9:55am	Pure Cycle Rebecca	Barre Renee	bootybarre® Plus Hand weights Wendy	Pure Cycle Rebecca	Piloxing® SSP Wendy
10:00am - 10:55am			Pure Cycle Meagan	bootybarre® Plus Hand weights Wendy	bootybarre® Plus Hand weights Wendy

Classes are subject to change and/or cancellation.

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Class Descriptions

Barre - Barre class consists of full body, core strength, and flexibility components. You will be led through a series of big movements combined with small isometric muscle work through pulsing and holds. This class is low impact but makes a big impact on your muscular endurance through squats, lunges, plies, push-ups and more! No dance experience necessary.

Barre Cardio Fusion - Elevate your heart rate to burn fat using high intensity intervals combined with strength training. This class combines barre work, cardio intervals and full body sculpting exercises using bodyweight, light weights and resistance bands. Core strength and flexibility are also included in this format. All fitness levels are welcome and low impact modifications will be shown.

bootybarre® Toning Bands/bbarreless® Hand Weights - A fun, energetic, workout that fuses techniques from Dance, Pilates & Yoga that will tone, define & chisel the whole body. bootybarre® is the perfect combination of strength & flexibility with an added cardiovascular element utilizing the barre and/or in the center of the room. Offering alternating "studio style" workouts w/ toning bands & hands weights that is beginner friendly & keeps the regulars challenged.

Cycle & Core - This class combines cardio cycling and core strength training. It consists of up to 40 minutes of cycling followed by 10 minutes of core exercises that target the abdominals and lower back. All fitness and experience levels are welcome, participants control the intensity to customize their workout.

Cycle & Strength - A great mix of cardio and strength. Cardio on the bike for 30-35 minutes followed by 15-20 minutes of strength training off the bike. All fitness levels welcome. Modifications are always offered so that you can make this class work best with your abilities and strengths.

HIIT- A high intensity interval training class combining cardio exercises and strength training. This 55-minute class will incorporate various methods of HIIT training for maximum calorie burn. Instructor will utilize a combination of bodyweight, bikes, dumbbells, resistance bands and the barre throughout class. All fitness levels welcome and low impact modifications will be shown.

Cycle Sprints - A high intensity cycling class. Get ready for hills and sprints! Modifications will be offered to provide the best workout for YOU.

Piloxing® SSP - a unique blend of lengthening of Pilates, strengthening plus boxing, and dance moves that keep your pulse high. Switching back and forth rapidly between the three vastly different disciplines, it keeps your body guessing, your mind excited, and your heart pumping. Improved flexibility, better muscle control, and better coordination. If that wasn't enough, boxing provides you with stronger and more powerful arms, shoulders, and back, and the mental empowerment that comes with knowing how physically strong you are. But wait, there's more, the dancing produces happiness-inducing endorphins in your body, and gets your metabolism going into overdrive. No equipment is needed, ask Wendy about the optional Piloxing gloves.

Pure Cycle - Come and enjoy an upbeat ride, experience challenging hills and speed drills all set to fun music. All fitness levels welcome.