

MAIN STUDIO

Monday

6:00am
BOOTCAMP
Master Velasquez

7:30am
VINYASA YOGA
Patrick

8:30am
FINAL CUT
Lisa Gaylord

9:30am
RUMBAXÉ
Edgar

10:30am
PILATES w\PROPS
Melissa

5:30pm
ASHTANGA YOGA
Patrick

6:30pm
CONDITIONING
Kevinia

7:30pm
VIDEO DANCE JAM
Aidan

Tuesday



8:30am
FIT DANCE
Rodrigo

9:30am
MAROMBA
Silvia

10:30am
ASHTANGA YOGA
Patrick

5:30pm
PILATES w\PROPS
Xiomara

6:30pm
SWEATSHOP
Lisa Gaylord

7:30pm
SPORTS PERFORMANCE
Kevinia

Wednesday

6:00am
BOOTCAMP
Master Velasquez



8:30am
FINAL CUT
Lisa Gaylord

9:30am
VIDEOSYNC
J. Marcos

10:30am
FIERCE FUNCTIONAL
FITNESS — Kevinia

6:30pm
ZUMBA
Betty

7:30pm
MAROMBA
Silvia

Thursday



7:30am
VINYASA FLOW YOGA
Patrick

8:30am
MAROMBA
Silvia

9:30am
ZUMBA
Beto

10:30am
PILATES w\PROPS
Xiomara

6:30pm
SWEATSHOP
Lisa Gaylord

7:30pm
PILATES w\PROPS
Xiomara

Friday



8:30am
KARDIO KOMBAT
Lisa Gaylord

9:30am
VIDEOSYNC
J. Marcos

10:30am
STRENGTH & DEFINI-
TION — Juçara

5:30pm
VINYASA YOGA
Esther



Saturday



8:30am
PURE POWER
Lisa Gaylord

9:30am
ZUMBA
Betsy

10:30am
AMAZING ABS (30 min)
Juçara

11:00am
POWER YOGA (75 min)
Esther

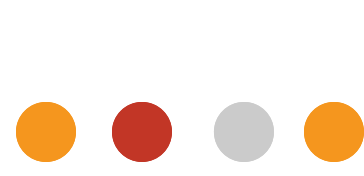


Sunday



9:00am
STRENGTH & DEFINI-
TION—Juçara

10:00am
PILATES w\PROPS
Xiomara



Monday



7:30am
David Cupp

8:30am
Juçara Santos

9:30am
Lisa Gaylord

5:15pm
Brad Sonnett

6:30pm
Scott Schlesinger



Tuesday

6:00am
Jorge Sarria

8:30am
Brad Sonnett

9:30am
Scott Schlesinger

6:30pm
Dan Valla

7:30pm
Lisa Gaylord

Wednesday



7:30am
Jorge Sarria

8:30am
Juçara Santos

9:30am
Lisa Gaylord

5:15pm
Brad Sonnett

6:30pm
Scott Schlesinger



Thursday

6:00am
Jorge Sarria

8:30am
Brad Sonnett

9:30am
Scott Schlesinger



6:30pm
Juçara Santos

7:30pm
Dan Valla



Friday



8:30am
Juçara Santos

9:30am
Lisa Gaylord

4:30pm
Brad Sonnett

5:30pm
Scott Schlesinger

Saturday



8:30am
Robert Goody

9:30am
Brad Sonnett

10:30
Scott Schlesinger



Sunday



9:00am
Brad\Jorge

9:00am
Brad\Jorge

10:00am
Juçara Santos



BOOTCAMP: These classes are incredibly popular because they provide an amazing full body workout specially designed to TONE and BURN FAT. Our instructors incorporate cardio, muscular endurance, strength training, agility, balance & flexibility exercises that get results.

CONDITIONING: To build endurance and muscles, core stability, cardio vascular strength and dynamic flexibility.

FIERCE FUNCTIONAL FITNESS: Body conditioning, core control, strength, flexibility and fat burning of course.

FINAL CUT: An intense workout using weights and low impact movements with a hip-hop beat.

FIT DANCE: Burn calories and boost your stamina and confidence on the dance floor. An up-tempo cardio workout that focuses on toning your body through booty shaking choreography. This class is a guaranteed good time.

KARDIO KOMBAT: Kicking, punching, jabbing, boxing, sparing, jumping... You'll do it all.

MAROMBA: Imported directly from the famous Brazilian Ipanema Beach. This is truly a bikini ready workout.

PILATES MAT w\PROPS: A series of exercises based on the work of Joseph Pilates to strengthen and lengthen your muscles with focus on your body core. Pilates classes will help you challenge controls and coordination, improve your functional fitness and balance strength, as well as your flexibility, while using the Pilates Mat Props.

PURE POWER: This is one of Lisa Gaylord's intense classes. She never knows what she's going to do but everyone will agree it's a whole body workout and you can count on her making it entertaining.

RUMBAXE': A dance \ fitness class that incorporates Afro-Latin rhythms to set the whole body in motion.

SPINNING: Spinning burns serious calories and offers an awesome aerobic workout. You can finish a spin class, regardless of your fitness level, simply by adjusting your pace or the tension knob on the bike. If you are new to spinning, arrive five minutes early for your first class so your instructor can answer any questions and help you with bike adjustments. Make sure you let the instructor know about any injuries that you have so s/he can help you modify some of the moves. *Also, visit our cardio area and try our eSpinner with virtual instructors. Perfect for people with very busy schedules or beginners wanting to see what spinning is all about.*

STRENGTH & DEFINITION: Intense, non-stop workout for building strength, body definition, developing core control, alignment, while at the same time redefining a brand new lean body.

SWEATSHOP: Most intense fat burning class; combines the sculpting of FINAL CUT with aerobics.

VIDEOSYNC: It's a dance fitness class set to inspiring Pop, Hip-Hop & Ethnic rhythms. SYN-Chronized elements are easy to follow and a fun way to get fit.

VIDEO DANCE JAM: In this fun, high energy cardio class. Let Aidan bring out the dancer in you. Building the choreography count by count, he teaches you to dance like your favorite musical celebrities/rockstars AND provides you with an amazing workout at the same time.

ZUMBA: Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Achieve long term benefits while experiencing an absolute blast.

TYPES OF YOGA—

VINYASA & VINYASA FLOW: Using breath-synchronized movement, this tends to be a more vigorous style based on the performance of a series of poses called Sun Salutations, in which movement is matched to one's breath.

ASHTANGA: It is a fast-paced, intense style of yoga. A set series of poses is performed, always in the same order. Ashtanga means "eight limbs" in Sanskrit.

POWER: This style is based on the flowing style of Ashtanga, but doesn't necessarily keep strictly to the set Ashtanga series of poses.

Gym Hours

Mon - Thu	5:00am—10:00pm
Friday	5:00am— 9:00pm
Saturday	8:00am— 5:00pm
Sunday	8:00am— 3:00pm

Child Care Hours

Mon - Fri	8:00am—12:00pm 4:30pm— 8:30pm
Saturday	8:00am—12:00pm
Sunday	8:00am—12:00pm



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