



www.karmavs.com

Group Fitness Schedule

Winter/Spring2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8:30 am Cardio Sculpt 30 min			8:30 am Cardio Circuit 30 min	
9:00 am Cardio & Core 30 min	9:00 am Cardio Circuit 30 min	9:00 am Mini Barre 30 min		9:00 am Cardio & Core 30 min	9:00 am Core & More 30 min	9:00 am Barre 50min
9:30 am Iron 60 min	9:30 am Core & More 30 min	9:30 am Cardio Kickbox 30 min	9:30 am Cardio Step 30 min	9:30am Iron 60 min	9:30 am Spinning 45 min	9:30 am Iron 60 min
	10:00 am Cardio Step 30 min	10:00 am Roll & Stretch 20 min	10:00 am Power Ball 30 min			
10:30 am Gentle Yoga 45min			10:30 am Barre 50 min	10:30 am Hatha Yoga 60 min	10:30 am Iron 60 min	10:30am Spinning 45 min
11:30 am Barre 45min	11:30 am Gentle Fitness 45 min		11:30 am Gentle Fitness 45 min		11:30 am Gentle Yoga 45min	
5:30 pm Barre 45min	5:30 pm Gentle Yoga 45 min		5:30 pm Cardio Sculpt 30 min			
6:00 pm Iron 60 min		6:00pm Mini Barre 30 min	6:00pm Core & More 30 min			
	6:30 pm Core & More 30 min	6:30 pm Cardio & Core 30 min	6:30 pm Cardio Step 30 min			
7:00pm Gentle Yoga 45min	7:00 pm Cardio Sculpt 30 min	7:00 pm Iron 60 min	7:00 pm Barre 45min			

Iron: Iron is Karma VS's signature class! This class builds fat burning muscle tissue and bone density, and elevates your metabolic rate using safe and effective exercises linked together in combinations that challenge you physically and mentally. Participants determine their individual intensity level by selecting appropriate weights. For all fitness levels.

Spinning: Experience the global company that started the trend of indoor cycling. This class simulates outdoor riding with fun music and imagery to provide a challenging cardio workout. Intermediate/Advanced fitness levels.

Barre/Mini Barre: A fusion of Pilates, Ballet, strength conditioning, and stretching. The movements are intense but low impact and designed to sculpt your entire body, specifically posture muscles, hips, and core. For all fitness levels.

Cardio Kickbox: This heart pounding, body high intensity cardio class focuses on fat burning with punches and kicks in creative combinations. High and low impact options offered. For all Intermediate/Advanced fitness levels.

Cardio Circuit: This dynamic class provides cardio intervals in fun agility movements and patterns. High and low impact options are provided. Intermediate/Advanced fitness levels.

Cardio & Core: Built around timed intervals of high intensity cardio drills and core/ab/balance movements to burn fat and sculpt your midsection. Movements taught low and high impact options. For all fitness levels.

Core & More: Firm your core muscles, strengthen your back, and tighten your midsection. You will work your abdominal muscles with innovative movements that deliver results. For all fitness levels.

Gentle Fitness: New to exercise? Working around an injury? Looking for a gently low impact exercise program? Get a little bit of everything in an entertaining and friendly atmosphere; cardio, strength, balance, agility, and stretching. For beginning fitness levels.

Gentle Yoga: This gentle approach to yoga is especially beneficial for those working around physical limitations, recovering from injuries, or just looking to slow down and stretch. The focus is on flexibility, mobility, and proper breathing utilizing yoga postures and foam rolling. For all fitness levels.

Hatha Yoga: Based on the ancient fitness science of hatha yoga, this class blends balance, strength, and flexibility. Emphasis is placed on proper alignment, postures, and breathing. For all fitness levels.

Power Ball: Build core strength with the stability ball! Build all over strength and core using traditional movements performed nontraditionally with the ball. For all Intermediate/Advanced fitness levels.

Cardio Step: The classic cardio step workout just got smarter. Layering patterns and combinations are fun when put to music. Intermediate/Advanced fitness levels.

Cardio Sculpt: Creative combinations using weights to sculpt muscles and cardio to burn fat. For all fitness levels.

