
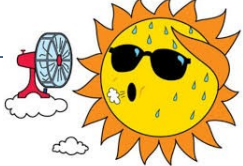



# PARAMOUNT SPORTS COMPLEX ~ AUGUST 2019 ~ FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p><b>Class Location Key:</b> <b>A= Studio A</b> on Fitness Center side of the building ~ <b>B= Studio B-</b> located on gymnastics side of the building ~ <b>FC = Class held in the Fitness Center</b> ~ <b>T= class held on the turf</b> ~ <b>IC= Indoor Cycling Room.</b> <b>Junior Members are permitted in approved classes as noted on the schedule by a (JM).</b> <b>Junior Members must be accompanied by a parent at all times in the Fitness Center and in fitness classes.</b></p> <p><b>Fitness Center SUMMER Hours:</b> Mon – Fri: 5am – 8pm ~ Sat: 7am – 3and pm ~ Sun: 10am – 3pm  <b>Childcare SUMMER Hours:</b> Mon – Thurs: 9am – 11am &amp; 5:30pm – 7:30pm ~ Fri: 9am – 11am</p>				<p>1 5am Pump It Up! Ed (A) 9:15am Body Endurance – Reneen (A) 10:30am <i>Forever Young-</i> Mary (A) 5:30pm Tabata – Dianne (A)(JM) <i>***5:30pm LDF with Gemma and 7pm Yoga with Gary will return in September***</i></p>		<p>2 5am Tabata – Janelle (A) 8:15am Total Body Blast – Erin (A) 9:15am –Circuit Training- Ben (A)</p>		<p>3 <b>8:15am Pilates/Yoga Fusion – Sue (A)</b></p>
<p><b>***Please note: NEW EQUIPMENT IS ARRIVING IN AUGUST! Five new treadmills with built-in tvs, one TrueForm Runner and two Recumbent Bikes.*** Pardon our dust as we make the switch from old to new.</b></p>								
<p>4</p>	<p>5 5am Pump It Up! Ed (A) 9:30am Beats!–Tina (A) 11am Calm (gentle yoga and relaxation techniques) – Joni (A) 5:30pm Cardio &amp; Strength- Dianne (A)(JM) 6:30pm Total Body Blast–Reneen (A) 7pm Yoga –Gary (B) (JM) <i>***6:30pm LDF with Gemma will return in September***</i></p>	<p>6 5am Tabata– Janelle (A) 9:15am Body Chisel – Reneen (A) 10:45am LaBlast - Georgie (A) 5:30pm Cardio, Strength and Abs – Mary (A) (JM) <i>Visit us at National Night Out – 5-8pm at Buck Swank Stadium</i></p>	<p>7 5am Synergy– Ed (A) 9:15am PIYO &amp; Core –Reneen (A) 11am Move, Tone and Balance – Trudy (A) 4:30pm Cardio, Strength &amp; Abs – Erin (A) 5:30pm Power Step -Trish (A) 6pm Core De Force Mash Up – Kristie (B) – <i>P90x plus Insanity with Core De Force</i></p>	<p>8 5am Pump It Up! Ed (A) 9:15am Body Endurance – Reneen (A) 10:30am <i>Forever Young-</i> Mary (A) 5:30pm Tabata – Dianne (A)(JM)</p>	<p>9</p> <div style="text-align: center; font-size: 2em; font-weight: bold; color: white;">  </div> <p>5am Cardio &amp; Strength – Janelle (A) 8:15am Total Body Blast – Erin (A) 9:15am Power Step - Tina (A)</p>	<p>10 <b>8:15am Pilates/Yoga Fusion – Sue (A)</b></p>		
<p>11</p>	<p>12 5am Pump It Up! Ed (A) 9:30am Swing, Slam, Jump–Tina (A) 11am Calm (gentle yoga and relaxation techniques) – Joni (A) 5:30pm Cardio &amp; Strength – Lynn (A)(JM) 6:30pm Tabata –Dianne (A) (JM) 7pm Yoga –Gary (B) (JM)</p>	<p>13</p> <div style="text-align: center;">  </div> <p>5am Muscle Pump – Janelle(A) 9:15am Body Chisel – Reneen (A) 10:45am LaBlast - Georgie (A) 5:30pm Tabata – Mary (A) (JM) 6:30pm SWING, SLAM, JUMP Express– Ben (A) (JM)</p>	<p>14 5am Synergy – Ed (A) 9:15am PIYO &amp; Core –Reneen (A) 11am Move, Tone and Balance – Trudy (A) 4:30pm Cardio, Strength &amp; Abs – Erin (A) 5:30pm Power Step -Trish (A) 6pm Core De Force Mash Up – Kristie (B) – <i>P90x plus Insanity with Core De Force</i></p>	<p>15 5am Pump It Up! Ed (A) 9:15am Body Endurance – Reneen (A) 10:30am <i>Forever Young-</i> Mary (A) 5:30pm Tabata – Reneen (A)(JM)</p>	<p>16 5am Tabata – Janelle (A) 8:15am Total Body Blast – Erin (A) 9:15am Beats! - Tina (A) 10:15am Pilates/Yoga Fusion – Wendy (A)</p>	<p>17 <b>8:15am Pilates/Yoga Fusion – Sue (A)</b> <b>9:15am Latin Dance Fusion – Ellen (A)</b></p>		
<p>18</p>	<p>19 5am Pump It Up! Ed (A) 9:30am Triple Strength Sets–Tina (A) 11am Calm (gentle yoga and relaxation techniques) – Joni (A) 5:30pm Spin Plus Strength- Lynn (IC/A)(JM) 6:30pm Beats! Tina (A) 7pm Yoga –Gary (B)(JM)</p>	<p>20 5am Tabata – Janelle( A) 9:15am Body Chisel – Reneen (A) 10:45am LaBlast - Georgie (A) 5:30pm Balls, Bars &amp; Bands – Mary (A) (JM) 6:30pm Swing, Slam, Jump Express - Ben (A)(JM)</p>	<p>21 5am Synergy – Ed (A) 9:15am PIYO &amp; Core –Wendy (A) 11am Move, Tone and Balance – Trudy (A) 4:30pm Cardio, Strength &amp; Abs – Erin (A) 5:30pm Power Step -Trish (A) 6pm Core De Force Mash Up – Kristie (B) – <i>P90x plus Insanity with Core De Force</i></p>	<p>22 5am Pump It Up! Ed (A) 9:15am Body Endurance – Wendy (A) 5:30pm Tabata – Dianne (A)(JM)</p>	<p>23 5am Muscle Pump – Janelle (A) 8:15am Total Body Blast – Erin (A) 9:15am Gym Machine Circuit plus Jog- Tina (A) 10:15am Pilates/Yoga Fusion – Wendy (A)</p>	<p>24 <b>8:15am Pilates/Yoga Fusion – Sue (A)</b></p>		
<p>25</p> <div style="text-align: center;">  </div>	<p>26 5am Pump It Up! Ed (A) 9:30am Muscle Pump – Tina (A) 11am Calm (gentle yoga and relaxation techniques) – Joni (A) 5:30pm Total Body Blast – Lynn (A)(JM) 6:30pm Tabata – Dianne (A) 7pm Yoga –Gary (B) (JM)</p>	<p>27 5am Cardio &amp; Strength– Janelle( A) 9:15am Body Chisel – Wendy (A) 10:45am LaBlast - Georgie (A) 5:30pm Cardio, Strength &amp; Abs – Mary (A) (JM) <b>Format Change: 6:30pm Total Body Blast Express - Reneen (A)(JM)</b></p>	<p>28 5am Synergy – Ed (A) 9:15am PIYO &amp; Core –Wendy (A) 11am Move, Tone and Balance – Trudy (A) 4:30pm Cardio, Strength &amp; Abs – Erin (A) 5:30pm Power Step -Trish (A) 6pm Core De Force Mash Up – Kristie (B) – <i>P90x plus Insanity with Core De Force</i></p>	<p>29 5am Pump It Up! Ed (A) 9:15am Body Endurance – Wendy (A) 10:30am <i>Forever Young-</i> Mary (A) 5:30pm Tabata – Dianne (A)(JM)</p>	<p>30 5am Tabata – Janelle (A) 8:15am Total Body Blast – Erin (A) 9:15am Triple Strength Sets – Tina (A) 10:15am Pilates/Yoga Fusion – Wendy (A)</p>	<p>31 <b>8:15am Pilates/Yoga Fusion – Sue (A)</b> <b>9:15am Latin Dance Fusion – Ellen (A)</b></p>		

Schedule subject to change – check the Bulletin Board at the bottom of the ramp, just outside the fitness center doors, for changes/additions or announcements on FACEBOOK.