




PARAMOUNT SPORTS COMPLEX ~ FEBRUARY 2019 ~ FITNESS SCHEDULE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|---|---|--|--|--|--|---|
| <p>HRS: Monday – Friday: 5am – 9pm ~ Saturday: 7am – 5pm ~ Sunday: 10am – 5pm</p> <p>Class Location Key: A= Studio A on Fitness Center side of the building ~ B= Studio B- located on gymnastics side of the building ~ FC = Class held in the Fitness Center ~ T = class held on the turf ~ IC= Indoor Cycling Room.</p> <p>Junior Members are permitted in approved classes as noted on the schedule by a (JM). Junior Members must be accompanied by a parent at all times in the Fitness Center and in fitness classes. For the safety of your Junior Member, make sure they are trained properly on the gym equipment. Gym Orientations are included with all new memberships. Additional Training opportunities are available.</p> <p>LaBLAST – is coming to Tuesday’s at 11am – Join Georgie for this Dancing With the Stars inspired workout!</p> | | | | |  | <p>1 National WEAR RED DAY for Heart Month</p> <p>5am Muscle Pump - Janelle (A) 9:15am –Total Body Blast - Reneen (A) 10:15am Core and Deep Stretch- Wendy (A) 4:30pm New Year New You (total body workout) – Erin (A)</p> | <p>2</p> <p>8:15am Pilates/Yoga Fusion – Sue (A)</p> |
| <p>3</p> <p>4 5am Pump It Up! Ed (A) 5:15am Jab Attack plus Abs – Amy (B) 9:30am Beats! Plus Strength–Tina (FC) 11am Calm (gentle yoga and relaxation techniques) – Joni (A) 5:30pm Tabata plus Core- Lynn (A)(JM) 6pm Jab Attack - Reneen (B) (JM) 6:30pm Latin Dance Fusion –Gemma Tracey (A) 7pm Yoga –Gary (B) (JM)</p> | <p>4 5am Pump It Up! Ed (A) 5:15am Jab Attack plus Abs – Ruth (B) 9:30am Triple Strength Sets –Tina (A) 11am Calm (gentle yoga and relaxation techniques) – Joni (A) 5:30pm Strength, Cardio & Core– Lynn (A)(JM) 6pm Tabata - Dianne (B) (JM) 6:30pm Latin Dance Fusion – Gemma (A) 7pm Yoga –Gary (B) (JM)</p> | <p>5</p> <p>5am Cardio & Strength – Janelle(A) 9:15am Body Chisel – Wendy (A) 10am 15 minute abs – Wendy (A) NEW: 10:45am LaBlast - Georgie (A) 5:30pm Cardio, Strength and Abs – Mary (A) (JM) 6:30pm SWING, SLAM, JUMP -Tina (A)(JM) 7pm Latin Dance Fusion – Tracey (A)</p> | <p>6</p> <p>5am SYNERGY – Ed (A) 9:15am PIYO & Core –Wendy (A) 11am Move, Tone and Balance – Trudy (A) 4:30pm Cardio, Strength & Abs – Erin (A) 5:30pm Power Step -Trish (A) 6:15pm Core De Force – Kristie (B) NEW:6:30pm PIYO – Reneen (A)</p> | <p>7</p> <p>5am PUMP IT UP! – Ed(A) 9:15am Body Endurance -Sam (A) 10:30am Forever Young- Mary (A) 5:15pm P90X – Kristie (A)(JM) 6pm Latin Dance Fusion -Gemma (A) 7pm Yoga – Gary (A)</p> | <p>8</p> <p>5am Tabata– Janelle (A) 9:15am – Muscle Pump – Tina (A) 10:15am Pilates/Yoga Fusion – Wendy (A) 10:30AM Beginner Gym Orientation – Meet Tina in the fitness center to learn basic instruction of the equipment. (30min) 4:30pm New Year New You (total body workout) – Erin (A)</p> | <p>9</p> <p>8:15am Pilates/Yoga Fusion – Sue (A)</p> | |
| <p>10</p> <p>11 5am Pump It Up! Ed (A) 5:15am Jab Attack plus Abs – Ruth (B) 9:30am Triple Strength Sets –Tina (A) 11am Calm (gentle yoga and relaxation techniques) – Joni (A) 5:30pm Strength, Cardio & Core– Lynn (A)(JM) 6pm Tabata - Dianne (B) (JM) 6:30pm Latin Dance Fusion – Gemma (A) 7pm Yoga –Gary (B) (JM)</p> | <p>11 5am Pump It Up! Ed (A) 5:15am Jab Attack plus Abs – Ruth (B) 9:30am Triple Strength Sets –Tina (A) 11am Calm (gentle yoga and relaxation techniques) – Joni (A) 5:30pm Strength, Cardio & Core– Lynn (A)(JM) 6pm Tabata - Dianne (B) (JM) 6:30pm Latin Dance Fusion – Gemma (A) 7pm Yoga –Gary (B) (JM)</p> | <p>12</p> <p>5am Tabata– Janelle(A) 9:15am Body Chisel – Wendy (A) 10am 15 minute abs – Wendy (A) NEW: 10:45am LaBlast - Georgie (A) 5:30pm Cardio, Strength and Abs Tabata Style – Mary (A) (JM) 6:30pm SWING, SLAM, JUMP -Tina (A)(JM) 7pm Latin Dance Fusion – Tracey (A)</p> | <p>13</p> <p>5am SYNERGY – Ed (A) 9:15am PIYO & Core –Wendy (A) 11am Move, Tone and Balance – Trudy (A) 4:30pm Cardio, Strength & Abs – Erin (A) 5:30pm Power Step -Trish (A) 6:15pm Core De Force – Kristie (B) NEW:6:30pm Awesome Abs – Reneen (A)</p> | <p>14</p> <p>5am PUMP IT UP! – Ed(A) 9:15am Body Endurance -Sam (A) 10:30am Forever Young- Mary (A) 5:15pm P90X – Kristie (A)(JM) 6pm Latin Dance Fusion -Gemma (A) 7pm Yoga – Gary (A)</p> <p style="text-align: center; color: red;">HAPPY VALENTINE'S DAY!</p> | <p>15 5am Cardio & Strength- Janelle (A)</p> <p>9:15am Total Body Blast – Reneen (A)</p> <p>10:15am Core and Deep Stretch– Wendy (A)</p> <p>10:30AM Beginner Gym Orientation – Meet Tina in the fitness center to learn basic instruction of the equipment. (45 min) 4:30pm New Year New You (total body workout) – Erin (A)</p> | <p>16</p> <p>8:15am Pilates/Yoga Fusion – Sue (A)</p> <p>9:15am Latin Dance Fusion – Ellen (A)</p> | |
| <p>17</p> <p>18 5am Pump It Up! Ed (A) 9:30am Muscle Pump–Tina (FC) 11am Calm (gentle yoga and relaxation techniques) – Joni (A) 5:30pm Tabata plus Core- Lynn (A)(JM) 6pm Tabata – Dianne (B) (JM) 6:30pm Latin Dance Fusion – Gemma (A) 7pm Yoga –Gary (B) (JM)</p> | <p>18</p> <p>5am Pump It Up! Ed (A) 9:30am Muscle Pump–Tina (FC) 11am Calm (gentle yoga and relaxation techniques) – Joni (A) 5:30pm Tabata plus Core- Lynn (A)(JM) 6pm Tabata – Dianne (B) (JM) 6:30pm Latin Dance Fusion – Gemma (A) 7pm Yoga –Gary (B) (JM)</p> | <p>19</p> <p>5am Muscle Pump– Janelle(A) 9:15am Body Chisel – Wendy (A) 10am 15 minute abs – Wendy (A) NEW: 10:45am LaBlast - Georgie (A) 5:30pm Balls, Bars & Bands – Mary (A) (JM) 6:30pm SWING, SLAM, JUMP - Reneen (A) (JM) 7pm Latin Dance Fusion – Tracey (A)</p> | <p>20</p> <p>5am SYNERGY – Ed (A) 9:15am PIYO & Core –Wendy (A) 11am Move, Tone and Balance – Trudy (A) Noon: Beginner Gym Orientation – Meet Tina in the fitness center to learn basic instruction of the equipment. (45min) 4:30pm Cardio, Strength & Abs – Erin (A) 5:30pm Power Step -Trish (A) 6:15pm Core De Force – Kristie (B) NEW:6:30pm PIYO – Reneen (A)</p> | <p>21</p> <p>5am PUMP IT UP! – Ed(A) 9:15am Body Endurance -Sam (A) 10:30am Forever Young- Mary (A) 5:15pm P90X – Kristie (A)(JM) 6pm Latin Dance Fusion -Gemma (A) 7pm Yoga – Gary (A)</p> | <p>22</p> <p>5am Tabata– Janelle (A)</p> <p>9:15am - Indoor Cycling – Kris (IC)</p> <p>4:30pm New Year New You (total body workout) – Erin (A)</p> | <p>23</p> <p>8:15am Pilates/Yoga Fusion – Sue (A)</p> <div style="text-align: center;">  </div> | |
| <p>24</p> <p>25 5am Pump It Up! Reneen (A) 5:15am Jab Attack plus Abs – Ruth (B) 9:30am Swing, Slam, Jump –Tina (A) 11am Calm (gentle yoga and relaxation techniques) – Joni (A) 5:30pm Strength, Cardio & Core– Lynn (A) NEW FORMAT:6pm PIYO - Reneen (B) (JM) 6:30pm Latin Dance Fusion – Tracey (A) 7pm Yoga –Gary (B) (JM)</p> | <p>25</p> <p>5am Pump It Up! Reneen (A) 5:15am Jab Attack plus Abs – Ruth (B) 9:30am Swing, Slam, Jump –Tina (A) 11am Calm (gentle yoga and relaxation techniques) – Joni (A) 5:30pm Strength, Cardio & Core– Lynn (A) NEW FORMAT:6pm PIYO - Reneen (B) (JM) 6:30pm Latin Dance Fusion – Tracey (A) 7pm Yoga –Gary (B) (JM)</p> | <p>26</p> <p>5am Tabata – Janelle(A) 9:15am Body Chisel – Wendy (A) 10am 15 minute abs – Wendy (A) NEW: 10:45am LaBlast - Georgie (A) 5:30pm Cardio, Strength and Abs – Mary (A) (JM) 6:30pm SWING, SLAM, JUMP -Tina (A)(JM) 7pm Latin Dance Fusion – Tracey (A)</p> | <p>27 5am SYNERGY – Ed (A) 9:15am PIYO & Core –Wendy (A) 11am Move, Tone and Balance – Trudy(A) Noon: Beginner Gym Orientation – Meet Tina in the fitness center to learn basic instruction of the equipment. (45min) 4:30pm Cardio, Strength & Abs – Erin (A) 5:30pm Power Step -Trish (A) 6:15pm Core De Force – Kristie (B) NEW:6:30pm Awesome Abs – Reneen (A)</p> | <p>28</p> <p>5am PUMP IT UP! – Ed(A) 9:15am Body Endurance -Sam (A) 10:30am Forever Young- Mary (A) 5:15pm P90X – Kristie (A)(JM) 6pm Latin Dance Fusion -Gemma (A) 7pm Yoga – Gary (A)</p> | <div style="border: 2px solid red; padding: 10px;"> <p style="font-size: 24px; color: red; margin: 0;">National Wear Red Day®</p> <p style="font-size: 18px; color: red; margin: 0;">Friday, 02 01 19</p>  </div> | <p>NEW for Wednesday Nights: 6:30pm In Studio A – PIYO 6th, 20th and Awesome Abs 13th, 27th with Renee</p> | |