

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>BOOTY CAMP</b> 8:30am — BETTY</p> <p><b>BOX FITNESS &amp; ABS</b> 9:15am — BETTY</p> <p><b>SPIN</b> 5:00pm — NANCY</p> <p><b>GRIT ATHLETIC</b> 6:00pm — NANCY</p> <p><b>BODY PUMP</b> 7:00pm — NANCY</p>	<p><b>BODY PUMP</b> 9:15am — WENDY</p> <p><b>SPIN</b> 9:15am — BARBARA</p> <p><b>AQUA FIT</b> 11:00am — APRIL</p> <p><b>TABATA BOOT CAMP</b> 5:00pm — BARBARA</p> <p><b>ZUMBA</b> 6:00pm — WILLIAM</p> <p><b>CARDIO BLAST</b> 7:00pm — SALLY</p>	<p><b>BEYOND BARRE</b> 8:15am — ELAINE</p> <p><b>YOGA</b> 9:15am — ELAINE {Upstairs Gym}</p> <p><b>BODY SHOCK</b> 9:15am — BETTY</p> <p><b>PLEASE NOTE:</b> Wednesday evening classes are 45 minutes</p> <p><b>SPIN</b> 4:45pm — NANCY</p> <p><b>BUTT &amp; GUTT</b> 5:30pm — NANCY</p> <p><b>GRIT STRENGTH</b> 6:15pm — NANCY</p>	<p><b>BODY PUMP</b> 8:00am — WENDY</p> <p><b>TABATA BOOT CAMP</b> 9:15am — BARBARA</p> <p><b>AQUA CIRCUIT</b> 11:00am — APRIL</p> <p><b>ZUMBA</b> 6:00pm — WILLIAM</p> <p><b>BODY PUMP</b> 7:00pm — SALLY</p>
FRIDAY	SATURDAY	SUNDAY	
<p><b>MORNING YOGA</b> 8:00am — ELAINE {Upstairs Gym}</p> <p><b>BOOTY BARRE</b> 8:30am — BETTY {30 MINS}</p> <p><b>DRENCHED</b> 9:15am — BETTY</p>	<p><b>SPIN</b> 7:30am — NANCY</p> <p><b>GRIT CARDIO</b> 8:30am — NANCY {45 MINS}</p> <p><b>YOGA FLOW</b> 9:00am — ELAINE {Upstairs Gym}</p> <p><b>BODY PUMP</b> 9:15am — NANCY</p>	<p><b>SPIN</b> 7:30am — NANCY</p> <p><b>CARDIO SCULPT PARTY</b> 8:30am — NANCY</p> <p><b>BUTT &amp; GUT</b> 9:30am — NANCY {45MINS}</p>	



**FOLLOW US**

**WELCOME TO MSC — PLEASE NOTE:**

- CHECK IN AT MEMBER SERVICES & WITH CLASS INSTRUCTOR
- PLEASE BRING YOUR OWN TOWEL & YOGA MAT
- PLEASE WEAR YOUR WRISTBAND
- SIGN UP FOR TEXTING SERVICE: INFO@CSRESORT.COM

# CLASS DESCRIPTIONS

CLASSES ARE FORMATTED FOR ALL LEVELS + ABILITIES UNLESS NOTED

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**AQUA FIT:** A shallow water exercise free from impact.

**AQUA CIRCUIT:** Sample-Circuit training, boxing and strength training. A little of everything to get you fit in the pool.

**BODY FITNESS & ABS:** A challenging combination of resistance training, intervals and power training in one class. This workout is advanced but can be modified for all fitness levels. 15 minutes of ab and core work.

**BODY PUMP:** The original barbell class that will strengthen & tone your entire body. 10 tracks of great music to inspire you to work hard.

**BODY SHOCK:** A challenging combination of resistance training, intervals & power training in one class. This workout is advanced but can be modified for all fitness levels. 15 mins of ab & core work.

**BOOTY CAMP:** It's all about the BASE. 45 minutes of all glute & leg work on the mat & standing.

**BOOTY BARRE:** Hollywoods hottest Barre workout. This is a combination of yoga, Pilates, ballet & dance the will lengthen and strengthen your entire body.

**BOX FITNESS & ABS:** An intense combo of martial arts, kickboxing & strengthen conditioning — 500 calorie burn . . . followed by 15 minutes of crazy ab busting exercises.

**BUTT & GUT:** Challenge your core and your glutes in this fun 45 minute class. You will need your own mat and your own hands weights {optional}.

**DRENCHED — FUNCTIONAL TRAINING:** Cardio, core & lots of sweat when you do this class. And yes . . . you will be drenched!

**GRIT SERIES:** High Intensity Interval Training. Strength-Piyo-Cardio. Maximize your results with this intense 45 minute class and take your fitness to the next level.

**GRIT TABATA:** Intense core cardio drills/high intensity interval training. Fat burn!

**PUMP IT UP:** Use small hand weights to tone & shape your muscles in this awesome 45 min. class.

**SPIN:** High energy indoor cycling class that will increase your cardiovascular endurance & muscular strength.

**STRONG:** Combines body weight, cardio, and plyometric training moves synced to original music designed to match every single move. Strong Nation is a demanding 45 minute session that works your entire body.

**YOGA:** Increase flexibility & strength and work the breath for focus & centering.

**YOGA FLOW:** Flowing postures move to move for stretch & strength.

**ZUMBA:** Easy to follow Latin dance moves for a cardio workout.