

MONDAY	STUDIO	CLASS	INSTRUCTOR	DESCRIPTION	COST	CATEGORY	DURATION
5-5:30am	C	INDOOR CYCLING / SPIN (2/3 - 2/24)	Lisa Bigelow	Utilizing a special stationary bicycle you will pedal your way to burning (on average) 300-500 kcal per 60 minutes. The class focuses on strength, endurance, high intensity, intervals and recovery.	\$7	Cardio/Toning	30 MIN.
5-6pm	A	BARRE INTENSITY®	Sarah Gillenwater	Utilizing a ballet barre and fusing dance, Pilates, and yoga, get long, lean, tone, muscles and perk up the hardest to work areas	\$7	Toning/Cardio	60 MIN.
5:30-6:00pm	B	STRONG BY ZUMBA® (2/17 - 3/23)	Mandy Johnston-Allen	Combines Body weight, muscle conditioning, cardio and plyometric training moves synched to original music that has been specifically designed to match every single move.	\$7	Toning/Cardio	30 MIN.
6:10-7:10pm	A	ZUMBA® FITNESS	Liza Pezzimenti Harbour	Latin dance and other rhythms fused with fitness aerobics- forget the workout, join the party!	\$7	Cardio/Dance	60 MIN.
6:15-7:15pm	B	YOGA FLOW	Kari Foster	Traditional, therapeutic, binds and gentle poses are utilized to bring healing and awareness to the body.	\$7	Stretch, alignment	60 MIN.
7:15-8:15pm	B	LINE DANCING	Steve & Debbie Minnich	Casual and fun, learn line dancing to country and modern radio music	\$7	Dance, casual	60 MIN.

TUESDAY	STUDIO	CLASS	INSTRUCTOR	DESCRIPTION	COST	CATEGORY	DURATION
5-6pm	B	YOGA TRAPEZE*	Liza Pezzimenti Harbour	The Yoga Trapeze, includes pushing, pulling, holding, twists, backbends, forward bends, hip opening and so much more. You can work your shoulders, calm your nerves, and leave class floating on air.	\$13	Stretch, deep	60 MIN.
5:30-6:10pm	A	JUMPS	Katelyn Gibson	Trampoline-like jumping boots give an experience of weightlessness while dancing, dramatically burning calories & decreasing joint stress.	\$13 w/ boot rental: \$7 w/o	Cardio/Dance	40 MIN.
6-6:15pm	B	Sculpt in 15*	Mandy Johnston-Allen	15 minutes of targeted sculpting using a yoa ball, hand weights and resistance bands to target large muscle groups to tone problem areas.	\$3	Toning/Cardio/Dance	15 MIN.
6-6:30pm	C	INDOOR CYCLING / SPIN*	Rick Culp	Utilizing a special stationary bicycle you will pedal your way to burning (on average) 300-500 kcal per 60 minutes. The class focuses on strength, endurance, high intensity, intervals and recovery.	\$7	Cardio/Toning	30 MIN.
6:10-7:10pm	A	ZUMBA® FITNESS	Liza Pezzimenti Harbour	Latin dance and other rhythms fused with fitness aerobics- forget the workout, join the party!	\$7	Cardio/Dance	60 MIN.
6:15-7pm	B	CARDIO DRUMMING*	Mandy Johnston-Allen	Choreographed dance movements and cardio intervals with the fun of drumming on an exercise ball "drum!"	\$7	Toning/Cardio/Dance	45 MIN.
7:15-7:45pm	Massage	SCTEAMFIT - NUTRITION (1/14 - 2/18)	Liza Pezzimenti Harbour	Weekly Track Meets for members to discuss nutrition, workout schedules/routines, meal planning, weight-loss or health goals, and share common challenges and successes.	\$7	Nutrition	30 MIN.
7:15-8:15pm	A	KRAV MAGA	Jeff Webb (Black Belt/ Level II Instructor)	A contact combat self-defense system developed for the Israeli Defense Forces consisting of techniques sourced from aikido, judo, boxing, wrestling, and fighting; Belt ranking, optional	\$13	Self-defense	60 MIN.

WEDNESDAY	STUDIO	CLASS	INSTRUCTOR	DESCRIPTION	COST	CATEGORY	DURATION
5-5:30am	C	INDOOR CYCLING / SPIN (2/5 - 2/26)	Lisa Bigelow	Utilizing a special stationary bicycle you will pedal your way to burning (on average) 300-500 kcal per 60 minutes. The class focuses on strength, endurance, high intensity, intervals and recovery.	\$7	Cardio/Toning	30 MIN.
5-5:45am	A	C.O.R.E. FIT	Erich Courtad	Focus on building a strong core as the foundation for gaining overall physical health. Enable your body to Change, Overcome, Resolve and Evolve into your best you!	\$7	Strength	60 MIN.
4:45-5:45pm	A	ZUMBA FITNESS	Brandi Kuder	Latin dance and other rhythms fused with fitness aerobics- forget the workout, join the party!	\$7	Cardio/Dance	60 MIN.
5:15-6pm	B	BARBELL PUMP	Mandy Johnston-Allen	Primarily utilizing barbell & plates, build strength and develop athletically cut muscles to a choreographed pattern of music.	\$7	Strength, weight bearing	40 MIN.
5:15-5:45pm	C	INDOOR CYCLING / SPIN**	Rick Culp	Utilizing a special stationary bicycle you will pedal your way to burning (on average) 300-500 kcal per 60 minutes. The class focuses on strength, endurance, high intensity, intervals and recovery.	\$7	Cardio/Toning	30 MIN.
Coming Soon: March 11 5:50-6:30pm	A	BARRE INTENSITY® **	Sarah Gillenwater	Utilizing a ballet barre and fusing dance, Pilates, and yoga, get long, lean, tone, muscles and perk up the hardest to work areas	\$7	Cardio/Toning	60 MIN.
6-7pm	B	AERIAL YOGA (all levels)	Kathleen Summers	Antigravity Yoga involving exercises inspired by Yoga, Pilates, and acrobatics performed with the use of a hammock swing	\$13	Stretch, deep	60 MIN.
7:15-8:15pm	B	RESTORATIVE YOGA	Kathleen Summers	Gentle Yoga utilizing props and the prolonged holding of a few simple poses to achieve a deep level of relaxation.	\$7	Stretch, gentle	60 MIN.

THURSDAY	STUDIO	CLASS	INSTRUCTOR	DESCRIPTION	COST	CATEGORY	DURATION
5-6pm	B	POUND® *	Brandi Kuder	POUND®, the world's first cardio jam session inspired by the infectious, energixing, & sweat dripping fun of playing the drums.	\$7	Toning/Cardio	60 MIN.
5:10-5:50pm	A	VERAFLOW	Liza Pezzimenti Harbour	Find your true flow as you improve flexibility, mobility, balance, coordination and strength.	\$7	Stretch/Flow/Cardio	40 MIN.
6-7pm	A	ZUMBA® FITNESS	Liza Pezzimenti Harbour	Latin dance and other rhythms fused with fitness aerobics- forget the workout, join the party!	\$7	Cardio/Dance	60 MIN.
6-6:15pm	B	Sculpt in 15*	Mandy Johnston-Allen	15 minutes of targeted sculpting using a yoa ball, hand weights and resistance bands to target large muscle groups to tone problem areas.	\$3	Toning/Cardio/Dance	15 MIN.
6:15-7pm	B	CARDIO DRUMMING*	Mandy Johnston-Allen	Choreographed dance movements and cardio intervals with the fun of drumming on an exercise ball "drum!"	\$7	Toning/Cardio/Dance	45 MIN.
7:10-7:40pm	B	IRISH DANCE (1/9 - 4/30)	Susan McGovern	Irish dance instruction for beginner through championship levels incorporating Irish culture events and opportunities through McGovern Ceili Dancers.	\$13	Cardio/Dance	60 MIN.
7:15-8:15pm	A	KRAV MAGA	Ben Turner	A contact combat self-defense system developed for the Israeli Defense Forces consisting of techniques sourced from aikido, judo, boxing, wrestling, and fighting; Belt ranking, optional	\$13	Self-defense	60 MIN.
7:40-8:10pm	B	IRISH DANCE (1/9 - 4/30)	Susan McGovern	Irish dance instruction for beginner through championship levels incorporating Irish culture events and opportunities through McGovern Ceili Dancers.	\$13	Cardio/Dance	60 MIN.

THURSDAY	STUDIO	CLASS	INSTRUCTOR	DESCRIPTION	COST	CATEGORY	DURATION
8:10-8:40pm	B	IRISH DANCE (1/9 - 4/30)	Susan McGovern	Irish dance instruction for beginner through championship levels incorporating Irish culture events and opportunities through McGovern Ceili Dancers.	\$13	Cardio/Dance	60 MIN.

FRIDAY	STUDIO	CLASS	INSTRUCTOR	DESCRIPTION	COST	CATEGORY	DURATION
5-5:45am	A	C.O.R.E. FIT	Erich Courtad	Focus on building a strong core as the foundation for gaining overall physical health. Enable your body to Change, Overcome, Resolve and Evolve into your best you!	\$7	Strength	45 MIN.
5-5:30am	C	INDOOR CYCLING / SPIN (2/7 - 2/28)	Lisa Bigelow	Utilizing a special stationary bicycle you will pedal your way to burning (on average) 300-500 kcal per 60 minutes. The class focuses on strength, endurance, high intensity, intervals and recovery.	\$7	Cardio/Toning	30 MIN.
5:15-6pm	B	BARBELL PUMP	Brandi Kuder	Primarily utilizing barbells & plates, build strength and develop athletically cut muscles to a choreographed pattern of music.	\$7	Strength, weight bearing	40 MIN.

SATURDAY	STUDIO	CLASS	INSTRUCTOR	DESCRIPTION	COST	CATEGORY	DURATION
7-7:45am	A	C.O.R.E. FIT	Erich Courtad	Focus on building a strong core as the foundation for gaining overall physical health. Enable your body to Change, Overcome, Resolve and Evolve into your best you!	\$7	Strength	45 MIN.
8-9am	A	BARRE INTENSITY®	Sarah Gillenwater	Utilizing a ballet barre and fusing dance, Pilates, and yoga, get long, lean, tone, muscles and perk up the hardest to work areas	\$7	Cardio/Toning	60 MIN.
8-9am	B	POUND®	Brandi Kuder	POUND®, the world's first cardio jam session inspired by the infectious, energizing, & sweat dripping fun of playing the drums.	\$7	Toning/ Cardio	60 MIN.
8-8:30am	Massage	SCTEAMFIT - NUTRITION (1/11 - 2/15)	Liza Pezzimenti Harbour	Weekly Track Meets for members to discuss nutrition, workout schedules/routines, meal planning, weight-loss or health goals, and share common challenges and successes.	\$7	Nutrition	30 MIN.
9-9:30am	C	INDOOR CYCLING / SPIN	Rick Culp	Utilizing a special stationary bicycle you will pedal your way to burning (on average) 300-500 kcal per 60 minutes. The class focuses on strength, endurance, high intensity, intervals and recovery.	\$7	Cardio/Toning	30 MIN.
9:10-10:10am	A	ZUMBA® FITNESS	Annie White	Latin dance and other rhythms fused with fitness aerobics- forget the workout, join the party!	\$7	Cardio/Dance	60 MIN.
Coming Soon: March 7 10:15-11:30am-12:30pm	A	VERA FLOW	Lora	Find your true flow as you improve flexibility, mobility, balance, coordination and strength.	\$7	Stretch/Flow/ Cardio	60 MIN.
11:30am-12:30pm	A	BELLY DANCE	Colleen Rasnack	Learn this mesmerizing art for fun or performance; all shapes, sizes, and abilities welcome- no former dance training necessary!	\$13	Dance, traditional	60 MIN.

SUNDAY	STUDIO	CLASS	INSTRUCTOR	DESCRIPTION	COST	CATEGORY	DURATION
10-11am	C	INDOOR CYCLING / SPIN (2/2 - 2/23)	Lisa Bigelow	Utilizing a special stationary bicycle you will pedal your way to burning (on average) 300-500 kcal per 60 minutes. The class focuses on strength, endurance, high intensity, intervals and recovery.	\$13	Cardio/Toning	60 MIN.

*Sculpt in 15 offered on Tuesday and Thursday and can be included with the adjacent classes: POUND, Cardio-Drumming, Yoga Trapeze or Spin Classes (at no additional cost)
 **Barre Intensity on Wed. offered as a two for one with Spin (no additional cost)

*** SALSA CITY FITNESS: SPECIALIZED WORKSHOPS OR EVENTS THIS MONTH ***							
DAY / DATE	STUDIO	CLASS	INSTRUCTOR	DESCRIPTION	COST	CATEGORY	DURATION
Sunday, February 9th 9:30am - 6:30pm	A	La Blast Training & Masterclass	Master Trainer - Katy Tombaugh	LaBlast® is an interval based cardio workout that uses several dance styles including ballroom dancing. It's totally partner free and you learn fundamental dancing skills, while blasting away calories.	After 1/25, \$249 includes 3 months of exclusive instructor content	Cardio/Dance	8 HRS
Saturday, February 22nd 5:15pm - 7:30pm	A	Quarter Auction Fundraiser (Benefiting Dayton History)		Bring your quarters, friends and lucky charms...enjoy an evening of fun, make some new friends & support a good cause. Items from vendors auctioned off. Additional vendor items and refreshments available for purchase.	(1st paddle \$4.00 (includes admission), \$1.00 each additional paddle)	Fundraiser	2 HOURS
TBD		Fashion Show Fundraiser		Details to follow.	TBD		

*** SALSA CITY FITNESS: HOLIDAYS - STUDIO CLOSED ***							
DAY	DATE	HOLIDAY	HOURS OF CLOSURE				

Salsa City and Anytime Fitness Partnering Special: Please see pricing linked here: <https://www.salsacityfitness.com/copy-of-pricing> or call Salsa City with questions.



FEBRUARY 2020 - CLASS SCHEDULE

WEEKLY TEAM WORKOUTS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30a Build		5:30a Burn		
9:00a Burn		9:00a Base		9:00a Build	9:45a Burn
	10:30a Silver & Strong*		10:30a Silver & Strong*	10:00a Stretch & Core*	
	4:15p Build		4:15p Burn		
6:00p Burn		6:00p Base			

*45 minutes (all other classes 60 minutes)

ANYTIME FITNESS
 SPECIAL EVENTS
21-Day Transformation Challenge -
 Kickoff: January 22nd @ 6pm
 (Cost is \$89 available to members and non-members) Contact Anytime Fitness staff for more info.

TEAM WORKOUTS DESCRIPTIONS - 1450 W. Main St., Troy, OH 45373 (937) 339-3030

Base – Foundational movement with a focus on your core and stability. *Instructor: Maria/Kristin*
 Burn – Fun, high-energy class focusing on calorie burn and cardio health. *Instructor: Erin/Aaron/Maria/Kristin*
 Build – Burn calories while building muscle in a fun, energetic environment. *Instructor: Erin/Aaron/Maria*
 Silver & Strong – A free class available to SilverSneakers members. Focuses on balance, agility, strength, and mobility. Non-Silver Sneakers members for \$5. *Instructor: Briana*
 Stretch & Core – Self myofascial release, abs and stretching. *Instructor: Briana*

