

All classes are 45 minutes to allow for sanitizing and set up of equipment between classes.

Zoom Classes are in Red. Zoom links can be found in the VIP Facebook Group and are emailed to members.

JULY CLASS SCHEDULE

Monday	
6:00 AM	STRONG NATION by ZUMBA Janet SL8 Classroom
7:00 AM	SPIN Katie SL8 (Outdoors)
8:00 AM	SENIOR FIT & FLEX Katie SL8 Classroom
5:00 PM	SPIN Christy SL8 (Outdoors)
7:15 PM	YIN & FLOW YOGA Katie Hiddleston Park

Tuesday	
6:00 AM	MUSCLE PUMP Susie SL8 Classroom
7:00 AM	CONDITIONING Susie Zoom/SL8 Classroom
8:00 AM	PILATES Theresa Zoom/SL8 Classroom
8:45 AM	SPIN Christy SL8 (Outdoors)
5:00 PM	TRX, Butts & Guts Mallory SL8 Classroom
5:45 PM	TRIPLE C (Cardio, Core & Cooldown) Theresa SL8 Classroom

Wednesday	
6:00 AM	SPIN Katie SL8 (Outdoors)
7:00 AM	GENTLE YOGA Katie Zoom/SL8 Classroom
8:00 AM	CONDITIONING Mallory SL8 Classroom

Wednesday	
9:00 AM	LOW IMPACT CIRCUIT Mallory SL8 Classroom
6:00 PM	ZUMBA Janet Zoom/SL8 Classroom

Thursday	
6:00 AM	MUSCLE PUMP Susie SL8 Classroom
7:00 AM	CONDITIONING Susie Zoom/SL8 Classroom
8:00 AM	PILATES Theresa Zoom/SL8 Classroom
8:45 AM	SPIN Christy SL8 (Outdoors)
6:00 PM	CARDIO KICKBOXING Susie SL8 Classroom

Friday	
6:00 AM	SPIN Katie SL8 (Outdoors)
7:00 AM	GENTLE YOGA Katie Zoom/SL8 Classroom
8:00 AM	TGIF Mallory SL8 Classroom
9:00 AM	BODY BALANCE Mallory SL8 Classroom

Saturday	
9:00 AM	MIX IT UP (1 st & 3 rd Saturday) Mallory ZUMBA (2 nd & 4 th Saturday) Janet SL8 Classroom
10:00 AM	YOGA Theresa SL8 Classroom



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BODY BALANCE

Strengthen your core and improve your balance with this class which focuses on floor work, balance, stretching and relaxation.

CONDITIONING

This class is designed to burn calories and fat with a mix of weights, bodyweight exercises, cardio, TRX, and HIIT training for all levels.

GENTLE YOGA

Gentle yoga is a nurturing, soft, slower-paced and relaxing practice. Gentle yoga helps release tension and stress, increase strength, flexibility, balance and mental clarity while calming the nervous system and restoring an overall sense of balance to the body, the mind and the soul. 💕

LOW IMPACT CIRCUIT

Get your heart rate up in this low-impact class that combines weight training and cardio. All classes are similar, but we mix it up enough so that you continue to see progress, keep you motivated and interested.

MIX IT UP

A great workout to get your heart rate up and tone those muscles. A mix of cardio, sculpting and strength interval training set to fun music will energize you for the weekend.

MUSCLE PUMP

This class is designed for all body types and all conditioning levels. Body Tone is a combination of targeting both upper and lower body conditioning, using functional movement and resistance to engage all muscle groups and provide a total body workout. Keep your heart rate mid to high, with rest breaks to ensure adequate recovery.

PILATES

The perfect class for both beginning and advanced students. Pilates conditions the entire body and promotes balanced musculature flexibility and agility. Enhance your core condition with balls, bands, and other props. Walk away from class with improved posture and core control.

SENIOR FIT & FLEX

This class focuses on functional fitness and is designed to help active agers maintain strength, balance and independence with the option to be seated and/or use the support of a chair. It is designed for every fitness level and modifications and adaptations are demonstrated. Throughout the class you will be encouraged to move mindfully and intuitively while working on flexibility & mobility training to honor the range of motion of your joints, balance exercises to improve your gait and confidence in your daily routines, resistance, body weight or light weight training to build lean muscle and increase bone density, and a fun low impact cardio training segment to maintain heart and lung function. Deep breathing, stretching, and connecting the mind and body will be woven throughout the class to promote physical & mental strength.

SPIN

Join us for a fun, high energy, heart pumping class with dynamic movements that will push your limits. This class focuses on aerobic endurance conditioning and aerobic interval training, with brief, high intensity bursts that push past your anaerobic threshold. All levels welcome!

STRONG Nation (formerly STRONG by ZUMBA)

In STRONG Nation you push yourself beyond your plateaus to achieve overall body transformation. The moves are like the ones you find in a HIIT workout, using only bodyweight. The music was reverse-engineered to match every move. It includes fast-paced rhythms like EDM and Hip-Hop.

TGIF

Tone. Glutes. Intervals. Fun. Energize your Friday and get your workout in to kick off your weekend!

TRIPLE C (Cardio, Core & Cooldown)

This class is suitable for all fitness level and includes cardio HIIT moves for a high-intensity burn, core work, and cool-down stretches for flexibility and recovery.

TRX, BUTTS & GUTS

Is it possible to have fun while strengthening your core and glutes? When you throw in some TRX and awesome music it is!

YIN & FLOW YOGA

Yin yoga is an introspective practice that offers a chance to turn inward and nurture the calm, quiet center that is innate in all of us. It is a practice in stillness, patience, and non-reactivity. Through yin yoga we hold passive poses for a period of time to gently lengthen the muscles, revitalize the connective tissues, find balance, release stress, sit with our emotions and practice resiliency. We become better listeners with practice tuning in; we become wiser as we get to know ourselves from the inside out.

ZUMBA

Zumba combines high energy and motivating Latin and International music with easy to follow body sculpting dance moves and combinations. Work every muscle with this killer strength training class coupled with great music!