

Sunnyside Class Descriptions

Boot Camp

Efficiently works your entire body, heart & muscles by going from one exercise to another. It involves callisthenics like push-ups, jacks, crunches, & other body weight exercises. You will challenge your body to the next limit. You will burn calories like crazy.

Cardio Kickboxing

A "hard-bitting" aerobics class with a martial arts attitude. Jab, hook, punch and kick with our experienced boxing instructors.

Cardio Shred

A rigorous full body workout that gets the heart pumping and the muscles moving, using weights, ball, steps, running, abdominal work and oh so much more!

Core/Resistance Training

Works the "core" or trunk in almost every exercise. Improves strength, flexibility and cardiovascular fitness. A tool for all ages and fitness levels.

Cycle

60 minutes of cycling on state-of-the-art Keiser Bikes. Join us as we "spin" through imaginary voyages, speed & hill intervals. Bikes can be adjusted to your personal fitness level (easy to hard).

High Fitness

HIGH Fitness is a fun fitness class that incorporates interval training with music you love, and intense easy-to-follow fitness choreography.

Sculpt

Define, Tone, Lean, Cut Up. This class will do it all. A 30-minute weighted workout utilizing weights and bands to define your muscles.

Water Aerobics

A low-impact, high-intensity workout in our Jr.Olympic size, indoor pool.

Yoga

We combine breathe work and stretching into a challenging workout that promotes flexibility, strength and balance.

Zumba

Zumba is fun, different, easy and its effective. It is a latin-inspired class that combines Latin and International music and dance movements.

Zumba Strong

This class combines body weight, muscle, conditioning, cardio and plyometric training moves synced to music. You will burn calories while toning arms, legs, abs and glutes.

Aqua Schedules

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am-9:30am	Marie		Stephanie		Sonjia
6:00-7:00pm		Ed (Boot Camp Aqua)		Ed	

Daycare Hours

Monday 8am-9:30pm **Tuesday** 8am-9:30pm **Wednesday** 8am-9:30pm **Thursday** 8am-9:30pm **Friday** 8am-8pm
Saturday 8am-2pm **Sunday** Closed

Club Hours

Monday-Friday 4am-11pm **Saturday-Sunday** 6am-9pm