RSVP FITNESS CLASS SCHEDULE

EFFECTIVE DATE: JULY 31, 2017

MONDAY

- 6:15 AM — Mo — **Waking the Coast**
- 6:15 AM — Tracy — **TRX Basic**
- 7:15 AM — Tracy — **Cardio Kickboxing**
- 8:30 AM — Tracy — **Rejuvenation Yoga**
- 11:00 AM — Connie — **Cruising the Coast**
- 12:00 PM — Julie — **Yoga Barre**
- 5:15 PM — Connie — **Cruising the Coast**
- 5:30 PM — Tracy — **Barre Classic**

TUESDAY

- 6:15 AM — Tracy — **Coast Ride & Shine**
- 7:30 AM — Tracy — **TRX Blast**
- 9:30 AM — April — **Zumba**
- 12:15 PM — Tracy — **Beginning to Coast**
- 5:45 PM — Kelsey — **Power the Coast**

WEDNESDAY

- 6:15 AM — Mo — **Waking the Coast**
- 6:15 AM — Tracy — **TRX Basic**
- 7:15 AM — Tracy — **Cardio Kickboxing**
- 8:30 AM — Tracy — **Rejuvenation Yoga**
- 9:30 AM — Maggie — **Coast Challenge**
- 10:15 AM — Briana — **Barre Grace**
- 11:00 AM — Connie — **Cruising the Coast**
- 11:15 AM — Briana — **Barre Express** (30 Min)
- 5:15 PM — Connie — **Cruising the Coast**
- 5:30 PM — Tracy — **Barre Classic**

THURSDAY

- 6:15 AM — Tracy — **TRX Blast**
- 12:00 PM — Briana — **Barre Classic**
- 1:15 PM — Briana — **Barre Cardio**
- 5:45 PM — Kelsey — **Power the Coast**
- 6:00 PM — April — **Zumba**

FRIDAY

- 6:15 AM — Mo — **Waking the Coast**
- 9:45 AM — Briana — **Barre Grace**
- 11:00 AM — Connie — **Cruising the Coast**
- 11:00 AM — Briana — **Vinyasa Yoga**
- 12:15 PM — Briana — **Barre Classic**

SATURDAY

- 9:30 AM — April — **Zumba**

RSVP class - $**10** each
Full Members - INCLUDED

- **Limited** class space - **Reservations** recommended
- **Walk-ins** welcome when space is available
- See reverse side for **class descriptions** & **reservation policy**

*Towels not provided

STUDIO FITNESS @ THE CULTURAL CENTER
19470 Oak Road West (County Rd 6)
251-968-9813

Monday - Friday 6a - 7p
Saturday 6a - 2p

RECREATION & CULTURAL AFFAIRS
Cultural Center

CITY OF GULF SHORES™ ALABAMA

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RSVP FITNESS CLASS DESCRIPTIONS

BARRE CARDIO Incorporates cardio strength training exercises at the barre to get your heart rate up and burn calories.

BARRE CLASSIC This class offers a full body workout utilizing added props for additional resistance training. Balls, bands and light weights will be provided.

BARRE EXPRESS This 30 minute class is fast paced full body low impact workout.

BARRE GRACE Classic barre with graceful ballet movements for a full body workout with emphasis on stretching and ballet inspired exercises.

BEGINNING TO COAST There's no need for newcomers to fear here, you can go at your own pace and learn the basics without worrying about getting left in the dust.

CARDIO KICKBOXING Feel empowered during this total body workout; you will increase cardio endurance, agility, and speed. You will be punching and kicking while working on stabilizing your core and helping improve your balance. No experience necessary.

COAST CHALLENGE Pedal hard and fast as you build your strength and endurance during this class.

COAST RIDE AND SHINE Wake up your muscles and mind as you ride with intensity.

CRUISING THE COAST Learn the basics with this pedal at your own pace ride. Our instructor will modify based on fitness level and experience.

POWER THE COAST This ride will have you pedal through intervals for recovery times after you pedal with power.

REJUVENATION YOGA Focused movements and poses to help tense muscles relax while using breath to allow your mind and body to connect.

TRX BASIC Start with this simple TRX workout to help you increase total body flexibility, promote mobility and stability developing core strength.

TRX BLAST Engage all your muscles with this non-stop TRX workout. Build overall strength, balance, and flexibility.

VINYASA YOGA Synchronized Vinyasa flow focused on breath and movement. Expect to sweat, stretch and tone during this moving meditation.

WAKING THE COAST Start your morning right with this invigorating class filled with positive vibes while you pedal through this fun ride.

YOGA BARRE Total body conditioning, that incorporates yoga and barre to strengthen, stretch and improve balance.

ZUMBA A fun aerobic class teaching you dance movements inspired by various styles of Latin American music

RSVP FITNESS CLASS POLICY

RESERVATION / WALK-IN Must be 15 years of age or older to participate. Full members can register in person or call 72 hours in advance to RSVP. Voicemails not accepted.
All patrons can reserve up to 24 hours in advance in person, by phone or online at www.gulfshoresal.gov/recreationregistration.
Walk-ins can attend any class if space is available with Full membership or $10 RSVP rate.
Please arrive 15 minutes prior to class start time to check-in, settle-in and set-up bike.
First Time visitors need to allow 20 minutes to check-in with front desk and fill-out paper work.

CANCELLATION Reservations must be cancelled 3 hours prior to the scheduled class time. Cancellations can be made in person or by calling Studio Fitness at (251) 968-9813. Voicemail cancellations are acceptable.

NO-SHOW No-shows will be charged a $10 missed class fee. Fees will be added to account and must be paid prior to any further participation.

WAIT LIST A wait list is available for all RSVP classes. If space becomes available, you will be notified by phone. If accepted, you are held to reservation/cancellation terms.

REFUND **ALL SALES ARE FINAL.** Classes that are purchased and cancelled within the necessary time frame will be credited to the users account.

CLASSES START AT DESIGNATED TIME, LATE ENTRY IS STRICTLY PROHIBITED.