



June Group Fitness Schedule

No Specialty Class for June or July

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 AM			Zumba Gold	Zumba Gold	Zumba Gold	Kettlebell AMPD	
10:00-11:00 AM	Silver Sneakers	Silver Sneakers				Zumba	
3:00 - 4:00 PM							
4:15 - 5:00 PM		Pound		Power Pump			
5:15 - 6:00 PM		Cardio HIIT	Cardio HIIT	Cardio HIIT			
5:30 - 6:30 PM	Kickboxing				Strong by Zumba		
6:00 - 7:00 PM		Kettlebell AMPD	Zumba	Kettlebell AMPD			
6:30 - 7:30 PM	Zumba						
7:00 - 7:30 PM		Gentle Yoga		AMPD Fusion			

Pilates class on Thursdays at 7 pm is cancelled for June and July. It will resume in August.

Yoga Flow on Sundays at 3 pm is cancelled for June and July. It will resume in August.

If you have a VIP membership, you have unlimited access to all classes listed here!
 Questions about classes? Contact our Group Fitness Director: Loretta Mounce 606-305-9887

AMPD Fusion uses resistance bands and fuses them together with yoga-inspired movements delivering a calorie-burning, low impact workout that will help you gain strength, balance, and flexibility all while moving to fun music.

Gentle Yoga -- Gentle stretches and poses are the theme of this class. Bring your own mat. This is a beginner level class.

Kettlebell AMPD -- heart-pumping music and kettlebell moves combined into 60 minutes of calorie torching fun!

The program uses lightweight kettlebells, in traditional and non-traditional ways to create a fun, effective full body workout.

Kickboxing -- This is a high cardio class that incorporates punches, kicks, squats, knee and elbow strikes, and lots of energy to help you develop strength and coordination.

Pound -- a cardio jam-session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

Cardio HIIT -- You'll get high-energy intervals of both cardio and resistance training to develop strength, burn fat and increase endurance. We will use a variety of equipment (hand weights, resistance bands, medicine balls, etc.)

Pilates -- similar to yoga with an emphasis on core stabilization and strength.

Power Pump -- Another total body workout that includes light weights and high reps. You will burn calories and sculpt your body by targeting major muscle groups. We will use resistance bands, hand weights, a step, and a stability ball.

Silver Sneakers -- Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance.

A chair is used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.

Strong by Zumba -- combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

Yoga Flow -- Beginner level class but the poses are slightly more advanced than the Gentle Yoga class.

Zumba -- A high-cardio class that is set to Latin rhythms. The routines will make you feel like a Dancing Queen!

Dancing Kings are welcome too!

Zumba Gold -- A cardio class for beginners and anyone who loves Zumba but wants a lower impact workout.



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Visit our website at <http://getfitathleticclub.com/somerset/>

For more info or questions about classes, contact our Group Fitness Director:

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