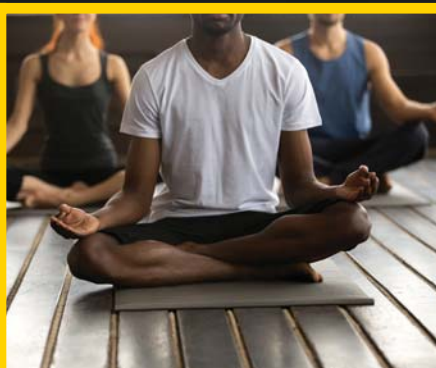


NAWS CHINA LAKE GROUP EX 2020

JAN-MAR 2020

Group Exercise



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7 am: POWER FLEX		7 am: POWER FLEX	
	9:30 am: CHAIR-BARRE **	9:30 am: PRIME TIME CIRCUIT **	9:30 am: CHAIR-BARRE **
11:30 am: PERFORM' BOOT CAMP	11:30 am: GRIT SPIN	11:30 am: PERFORM' BOOT CAMP	11:30 am: GRIT SPIN
5 pm: BIKE, BENCH, BAR	5 pm: YOGA	5 pm: BIKE, BENCH, BAR	5 pm: YOGA

Below are the class descriptions:

Power Flex

Instructor: Angie

This one hour strength class to music uses weights and resistance equipment to help you get lean and toned, build strength, and work all the major muscle groups.

Performance Boot-camp

Instructor: Kim

This one hour strength & conditioning class utilizes HITT (high intensity interval training), strength training, sports performance training and body weight exercises for an overall full-body work-out.

Bike, Bench, Bar

Mon Instructor: Kelly

Wed Instructor: Kim

This 45 minute full-body strength & cardio workout utilizes bikes and weights to work all major muscle groups in six (6min) circuits. If you are new to "cycling" classes, this is perfect for you as the biking portion is only half the class.

Chair Barre **

Tue Instructor: Angie

Thu Instructor: Kelly

This 45 minute full-body workout is inspired by Ballet, Yoga & Pilates. A chair is used instead of a bar for balance, allowing multi-directional movement. With hand weights, glide pads and exercise balls, this class will get you lean & toned while enhancing balance, flexibility and overall strength.

Prime-Time Circuit **

Instructor: Angie

This is a "self-serve" strength & cardio circuit class working all major muscle groups. Come in at any time during the class and do as many rounds as you want. There are 8 to 14 rounds of cardio/strength exercises depending on the circuit for that day. Our trained staff can demonstrate and explain all rounds for each circuit.

GRIT Spin

Instructor: Kim

This 45 minute high intensity interval (HIIT) bike class focuses on strength and power. This 12 week class progresses slowly each week. Start whenever you want during the cycle.

Yoga

Instructor: Angie

This 45 minute basic yoga workout increases overall physical health and mental well-being through stretching, strengthening, and breathing exercises.

****BEGINNING FEBRUARY!**

Our 9:30 am classes are now inclusive of "PARENT & ME" opportunities! Patrons may bring their young children in strollers to PRIME TIME CIRCUIT and CHAIR-BARRE. Children must remain in stroller at all times. Enjoy!



Group Exercise is included in daily fitness fee | Group Exercise takes place Blandy Ave., Bldg. 00019, next to the NEX.
Questions? 760-939-2334