

February Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15	Sweat & Sculpt <i>Andrea</i>		Sweat & Sculpt <i>Andrea</i>	Athletic Conditioning <i>Leslie</i>		* Denotes 45 min class
5:15			Cycling* <i>Stephanie</i>		Cycling* <i>Stephanie</i>	
6:00	Cycling* 5 th - Ben 12 th - Sarah 19 th - Ben 26 th -Sarah	*Cycling* <i>Mike</i>		Cycling* <i>Mike</i>		8am Cycling* 3 rd - Sarah 10 th - Ben 17 th - Sarah 24 th - Ben
7:00	Silver Sneakers* <i>Sarah Smith</i> 🦋		Silver Sneakers* <i>Sarah Smith</i> 🦋		Silver Sneakers* <i>Sarah Smith</i> 🦋	9am Cycling* 3 rd - Laura 10 th - Mike 17 th - Laura 24 th - Mike
8:30	KICK the Barre <i>Shannon R</i>	Cardio Sculpt <i>Shannon R</i>	Boot Camp <i>Shannon R</i>	Cardio Sculpt <i>Shannon R</i>	20/20/20 <i>Shannon R</i>	8am Silver Sneakers* <i>Jennifer P</i> 🦋
8:30	Cycling* <i>Laura</i>	Cycling* <i>Leslie</i>	Cycling* <i>Laura</i>	Cycling* <i>Ben</i>	Cycling* <i>Laura</i>	9am Zumba <i>Melissa</i>
9:30	HIIT <i>(High Intensity Interval Training)</i> <i>Virginia</i>	Pilates Mat <i>Kelly</i> <i>(Mind Body – Studio 2)</i>	Zumba <i>Laura</i>	Strength & Stretch <i>Sarah</i>	HIIT <i>(High Intensity Interval Training)</i> <i>Virginia</i>	10am Extend <i>(Mind Body – Studio 2)</i> 3 th -Stephanie (Yoga) 10 th - Jennifer (Strength&Stretch) 17 th - Gina (Yoga) 24 th -Jennifer (Strength&Stretch)
10:45	Silver Sneakers* <i>Jennifer P</i> 🦋	Silver Sneakers* <i>Kelly</i> 🦋	Silver Sneakers* <i>Sarah Smith</i> 🦋	Silver Sneakers* <i>Jennifer P</i> 🦋	Silver Sneakers* <i>Sarah Smith</i> 🦋	
11:45	Silver Sneakers Yoga* <i>Jennifer P</i> 🦋		Silver Sneakers Yoga* <i>Jennifer P</i> 🦋	Silver Sneakers Yoga* <i>Jennifer P</i> 🦋		<p>WE</p>  <p>OUR MEMBERS!</p>
Noon	Cycling* <i>Courtney</i>	Cycling* <i>Sarah</i>	Cycling* <i>Sarah</i>	Cycling* <i>Ben</i>	Cycling* <i>Courtney</i>	
5:30	Zumba <i>Tanya</i>	Barbell Sculpt <i>Sarah</i>	Zumba <i>Tanya</i>	Barbell Sculpt <i>Sarah</i>		
6:00	Cycling* <i>Courtney</i>	Cycling* <i>Courtney</i>	Cycling* <i>Sarah</i>	Cycling* <i>Mike</i>		
6:00	Yoga <i>Gina</i> <i>(Mind Body – Studio 2)</i>		Yoga <i>Stephanie</i> <i>(Mind Body – Studio 2)</i>			



February Group Fitness Schedule

5604 Donnybrook Ave. Tyler, TX 75703

903-939-3100

www.milestonelifestyle.com

Athletic Conditioning /Total Body Conditioning– This is fast paced class that will give you non-stop, fat blasting workout that combines core and strength conditioning along with fast paced cardio/ athletic drills. Get ready for AWESOME!

Barbell Sculpt – This barbell body workout challenges both your muscular strength and muscular endurance... A complete body workout targeting every muscle group, leaving you with a toned & sculpted body.

Boot Camp – A full body workout alternating intervals of strength training and conditioning...we will take the class outside!

Cardio Sculpt – This class is designed to improve overall conditioning by rotating between cardiovascular and muscular endurance exercises.

Strength & Stretch – Health, strength & injury prevention begin with the core. This class will incorporate core training, balance and flexibility through functional movement, Pilates & strength training. We do not often take the time to just stretch our muscles. In this class we will use the last 15-20 minutes to get wonderful, deep stretch.

HIIT- (*High Intensity Interval Training*) This super-efficient workout will increase metabolism and burn more fat while you will improve strength and cardio performance with alternating bouts of intense exercise with moderate exercise.

KICK the Barre – A Premier Fitness signature workout... Get ready for a combination of cardio kickboxing and barre burning fun - all in one workout.

Cycling – Enjoy a challenging and demanding workout for all ages from beginner to seasoned athlete. Great for burning calories, improving aerobic fitness and building stamina and strength.

Silver Sneakers - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support. Non Silver Sneaker members welcome.

Silver Sneakers Yoga – Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

Sweat & Sculpt – This challenging class focuses on strength, endurance and power movements including progressions. Come & explore your potential.

20/20/20 – This class offers three 20 minute segments of strength training, core & stretching formats utilizing various equipment.

Yoga -Focus on balanced integration of mind, body, and spirit. Postures (asana) and posture flows (vinyasa) increase strength and flexibility of the body. Conscious attention to the breath (pranayama) and the workings of the mind (meditation) bring a sense of calm.

Zumba - Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party.