

LIVE STREAM GLOBAL FITNESS WEEKEND 1 HOUR CLASS SCHEDULE AT A GLANCE
FOR CERTIFICATIONS – SEE THE LIVE VIRTUAL CALENDAR

SATURDAY SEPTEMBER 19, 2020

11:00am – 12:00pm

DANCE: LATIN FUSION! – MANUEL VELAZQUEZ
CYCLE: HIIT ME ONE MORE TIME – TONY STILLER
STRENGTH: UPPER BODY CRUSHER – ADYANA DE LA TORRE
AQUA: AQUA GAMES TOO! – DARCY KENT
STRETCH: FLEX-ABILITY – DAKOTA FOX

12:15 – 1:15pm

STRENGTH: LIGHT A FIRE – GAY GASPER
CYCLE: HAULIN' A**! – BRIAN GUZMAN
CORE: BRING THE CORE – ROZ SINGLETON
AQUA: AQUA HIIT – STEPHANIE DUDRA
SENIOR: SENIOR 50 REPS! – MARLENE JENKINS

1:30 – 2:30pm

STRENGTH: BODYWEIGHT SUPER 8 – ADYANA DE LA TORRE
DANCE: DANCE YOUR CLUB BRAIN – MANUEL VELAZQUEZ
CYCLE: HEART RACING RIDE – SHERETA MIDDLETON
AQUA: PLUNGE TO THE MAX – JODI HEIMRICH

2:45 – 3:45pm

STRENGTH: DOMINATRIX (UNILATERAL TRAINING) – DARISE BARRON
BARRE: BARRE TO BARRELESS = MORE – GAY GASPER
CYCLE: RIDE IT 30-60-90 – BRENNA CROWSON
AQUA: WET CARDIO – MARLENE JENKINS
TRX: PRECISION TRX TRAINING FOR SENIORS – CARRIE SMITH

4:00 – 5:00pm

BOOTCAMP: FITCAMP B.A.M. (BIG ASS MOVES!) – TONY STILLER
YOGA: FLOWING YOGA DANCE – MANUEL VELAZQUEZ
CYCLE: HIPS UP! – SHERETA MIDDLETON
AQUA: AQUA FLEX – STEPHANIE DUDRA
SENIOR: THE NO CHAIR FOR ME WORKOUT – CARRIE SMITH

SUNDAY SEPTEMBER 20, 2020

11:00am – 12:00pm

CORE: FUNCTIONAL ABS, CORE STRONG – MANUEL VELAZQUEZ
DANCE: DANCE TILL YOU DROP – CHARLES BANKS
STRENGTH: LEG & BOOTY TORCHER – ADYANA DE LA TORRE
AQUA: AQUA FUSION – STEPHANIE DUDRA
YOGA: ESTALATTE YOGA FLOW – ESTER MARSH

12:15 – 1:15pm

STRENGTH + CARDIO: ALARM YOUR BODY – GAY GASPER
DANCE: WET & DRY DANCE PARTY! – DARISE BARRON
KICKBOX: CARDIO KICKBOX INTERVALS – ESTER MARSH
YOGA: GUIDED VINIYASA YOGA FLOW – MAGIC MOVING MEDITATION – BRENNA CROWSON

1:30 – 2:30pm

BOOTCAMP: BOOTCAMP YOUR BOOTCAMP! – BRIAN GUZMAN
DANCE: LATIN LOW – PAULA WEAVER
MAT PILATES: HIIT ME WITH YOUR BEST MAT – LILLY CALTIS
SENIOR CARDIO: ZOOMERS FOR HIP SENIORS! – MARLENE JENKINS

2:45 – 3:45pm

STRENGTH + CARDIO: SHED & SHRED – SHERETA MIDDLETON
DANCE: ATHLETIC FUNKED UP DANCE – ROZ SINGLETON
TRX: POWER DRIVEN TRX – DARCY KENT
SENIOR: BALANCE, STABILITY, AGILITY...SAFELY WITH SENIORS – CARRIE SMITH
STEP: XTRA STEP! – PAULA WEAVER

4:00 – 5:00pm

STRENGTH: STRENGTH IS POWER – SHERETA MIDDLETON
YOGA: YOGA FOR WARRIORS – GAY GASPER
MOBILITY: FUNCTIONAL MOBILITY – DAKOTA FOX
AQUA: AQUA II LECTURE: INJURIES, REHAB, REPLACEMENTS ETC – MARLENE JENKINS
MARTIAL ARTS: KRAV MAGA: dynamic self-defense workout – DARCY KENT