 **212 Elks Point Road, #550**

 **Zephyr Cove, NV 89448**

 **(775) 580-7266**

 **CLASS SCHEDULE**

***MONDAYS***

**10:00am Yoga Alexxa Latta**

***TUESDAYS***

**10:00am Rock Your Body Leah Marino**

**12:00pm The Balance Challenge Shea Thomas**

**6:00pm Body Sculpt Leah Marino**

***WEDNESDAYS***

**5:30pm Get Your Stretch On Leah Marino**

***THURSDAYS***

**9:30am Body Sculpt Leah Marino**

**6:00pm Zumba Nancy Taylor**

***FRIDAYS***

**10:00am Cardio and Core Blast Shea Thomas**

***SATURDAYS***

**9:00am Zumba Nancy Taylor**

 **Class Descriptions**

**Rock Your Body**: Cardio based incorporating free weights.

**Body Sculpt**: Combination of spin, step, bosu, and weights.

**Get Your Stretch On**: Warmup followed by deep stretch.

**The Balance Challenge**: A wide range of challenging exercises and movements that improve balance and core strength, and reduce the fear of falling.

**Core and Cardio Blast**: A fun, challenging core strength building class, with cardio intervals to make you sweat and boost your metabolism.

**Zumba**: Latin and international music with a fun and effective workout system. Are you ready to dance!