



ONSITE FITNESS CLASS SCHEDULE

All classes are held in the MRC Gym unless noted with an *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CKO Kickboxing 12pm	Spinning 7am	Spinning *6am <i>Police Gym 400 NW 2nd Ave</i>	Spinning 7am	Pilates 11am
Strong Nation 1pm	Yoga 11am	CKO Kickboxing 12pm	Yoga 11am	CKO Kickboxing 12pm
Pilates 2pm	Blast Cardio 12pm	Bootcamp 1pm	Blast Cardio 12pm	Yoga *12:30pm <i>Police Gym 400 NW 2nd Ave</i>
CKO Kickboxing 4pm	Zumba Fitness 1pm	Pilates 2pm	Yoga *12:30pm <i>Police Gym 400 NW 2nd Ave</i>	Hip-Hop Happy Hour 1pm
Yoga 5:15pm	CKO Kickboxing 4pm	CKO Kickboxing 4pm	Zumba Toning 1pm	Yoga *1:45pm <i>Regatta Park under the trees by 3500 Pan American Dr.</i>
	Spinning 5:15pm	Yoga 5:15pm	CKO Kickboxing 4pm Spinning 5:15pm	CKO Kickboxing 4pm

IF YOU HAVE ISSUES ACCESSING CLASSES, PLEASE CONTACT FITNESS PROVIDERS BELOW:

- Andrea - (305) 335-7115 - ninearts@gmail.com
- Christine - (786) 493-8608 - chrishoogen@me.com
- Christi - (786) 271-6074 - christicaceres@yahoo.com
- Liz - (305) 951-4431 - iforeverintraining@gmail.com
- Liz - (305) 951-4431 - iforeverintraining@gmail.com
- Rodney - (305) 985-8020 - rodney@ckoedgewater.com

Multi-Discipline - Zumba and exercises dancing to music such as upbeat salsa, international, hip hop, and Afrobeats. *High intensity*

Pilates - Performed on a yoga mat or other equipment to promote strength, stability, and flexibility. *Low intensity*

Yoga - Connects the body, breath, and mind and uses physical postures, breathing exercises, and meditation. *Low intensity*

Blast Cardio - Exercises are based strictly on cardio. Participants do spot jumps, burpees, and several other calisthenics. *High intensity*

Spinning - Uses stationary bicycle to focus on endurance, strength, intervals, high intensity (race days) and recovery. *High intensity*

CKO Kickboxing - Incorporates kickboxing's punching and kicking component with body weight challenging calisthenics. *High intensity*

