

**SCHEDULE IS SUBJECT TO CHANGE.... PLEASE CHECK FOR UPDATES ON [jubilation.pike13.com](http://jubilation.pike13.com)**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:30</b>	Cardio Tone <b>Jennifer</b>	8:30 Dance/ Sculpt (lower body) <b>Jennifer</b>	8:30 Step/Sculpt <b>Honore</b>	<b>8:30</b> Dance/ Sculpt <b>Jennifer</b>	Step/Kick/Sculpt <b>Honore</b>	<b>8:00</b> Club Cardio <b>Leah/Honore</b>	<b>8:00-9:00</b> Dance/Tone <b>Honoré</b>
<b>9:30</b>	Dance to the Barre <b>Honoré</b>	Dance/Tone <b>Honoré</b>	Barre <b>Amanda</b>	Dance & Tone <b>Honoré</b>	Club Cardio <b>Maddie</b>	<b>9:00</b> Stretch Flow <b>Maddie</b>	<b>9:00</b> Club Cardio <b>Jennifer</b>
<b>10:35</b>	Club Cardio <b>Honoré</b>	10:35 Flow Motion <b>Maddie</b>  11:35 Ballet for Body <b>Vicki</b>	Club Cardio <b>Honoré</b>	Flow Motion <b>Maddie</b>	Club Cardio <b>Honoré</b>	9:30 Club Cardio <b>Maddie</b>	Club Cardio <b>Honoré</b>
<b>4:30</b>	Abs and Core <b>Jennifer</b>	Dance to the Barre <b>Honoré</b>	Club Cardio <b>Maddie</b>	Club Cardio <b>Honore</b>	5:00 Oula <b>Lauren</b>	<b>Effective 1/5/2018</b> Drop in \$10 5 Classes \$40 10 Classes \$70 20 Classes \$120 Month-to-month (EFT) \$65 3 months unlimited \$180 6 months unlimited \$350 1 year unlimited \$600  <b>Daily Schedule</b> <a href="http://Jubilation.pike13.com">http://Jubilation.pike13.com</a>	
<b>5:30</b>	Turbokick/PiYO <b>Jackie</b>	Club Cardio <b>Maddie</b>	5:30 - 6:00 Stretch Flow <b>Maddie</b>  6:00 Dance/Step <b>Jennifer</b>	Club Cardio <b>Lori W.</b>			
<b>6:30</b>	Zumba <b>Katie</b>			Tap <b>Rebecca</b>			



**Zumba** - Combining hot Latin music with simple, effective choreography for one fun, calorie burning, sweaty hour!

**Club Cardio** - Fun and easy routines to great music! Similar to Zumba but with more current and popular music.

**Dance & Tone** – Cardio Dance and MORE! Adding songs with weights, drumsticks, mat work, and other sculpting moves.

**Barre** - mixes elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music. In each energizing and targeted workout, you'll use the barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body.

**Dance to Barre** - Half Club Cardio and half Barre sculpt

**Step/Kick/Sculpt** - Yeah, you know what it is. Old school aerobics class at its best.

**Stretch Flow** - This class is designed as a free companion class to either the class before or after. Gentle, relaxing flowing stretches all while maintaining the yogic breath. Enjoy!

**Flow Motion** - Half Dance Cardio, half stretch flow class that moves and extends your body all while being mindful of the breathe and internal dialogue

**Bootcamp** - small group personal training. TRX, sparring, weight, cardio burst. \$15 drop in, \$40 for four sessions, \$75 for 8 sessions

**Ballet** - This class is an “advanced beginner” ballet class. However, all levels will be welcomed and accommodated! This is an opportunity to resume your ballet dancing, or if you are disciplined and dedicated, start your ballet studies for the first time. Most classes have barre, center work, choreography and stretching. The class is a good way to tone your legs, work your core muscles, and improve your balance.

First Tuesday of each month the ballet class time is dedicated to the Zena Rommett floor barre method. This floor barre class is a great way to begin your ballet studies (or, return to your ballet dancing). The method helps improve your dance technique, and it can also help prevent and rehabilitate some injuries.

**Oula** - Fun and easy routines to great music! Similar to Zumba but with more current and popular music.

**Personal training** – Private or small group personal training (limit 6) that incorporates TRX, sparring, fun with a giant tire, bursts of cardio and weight training. \$150 for 3 sessions