


SCHEDULE IS SUBJECT TO CHANGE.... PLEASE CHECK FOR UPDATES ON jubilation.pike13.com

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|----------------------------|----------------------------------|--|--|-----------------------------------|--|---------------------------------|
| 8:30 | 8:00-9:00 Zumba | 8:30 Cardio Tone Jen | 8:30 Dance/ Sculpt (lower body) Jennifer | 8:30 Insanity/PIYO Jackie | 8:30 Dance/ Sculpt Jennifer | 8:30-9:30 Cardio Tone Honoré | 8:00 Club Cardio Michelle |
| 9:30 | 9:00 Club Cardio Jen | Zumba Michelle | Dance & Tone Honore | 20 dance/20 tone/20 stretch Honoré | Dance & Tone Honore | Zumba Michelle | 9:00 Club Cardio Jen |
| 10:35 | 10:00 Zumba Honoré | Zumba Honoré | 11:35 Ballet for Body Vicki | Zumba Honoré | | Zumba Honoré | |
| 4:30 | **Salsa Classes | 4:30 Dance/Tone Honoré | | 4:30 Club Cardio Michelle | | <p>PRICES Drop in \$10 5 Classes \$40 10 Classes \$70 20 Classes \$120</p> <p>Month-to-month (EFT) \$65 3 months unlimited \$180 6 months unlimited \$350 1 year unlimited \$600</p> <p>Daily Schedule http://Jubilation.pike13.com</p> | |
| 5:30 | | 5:30 Turbokick/PiYO Jackie | Club Cardio Michelle | 5:40 Core Strength Jen | Club Cardio Leah | | |
| 6:30 | | Zumba Adele |  <p>Jubilation Fantastically Fun Fitness www.fantasticjubilation.com 2800 Lafayette Rd Unit 1B Portsmouth NH 03801 603.778.7483</p> | | Beginning tap Adele | | |

****SALSA CLASSES are run by Piotrek find out more at <http://salsasecrets-portsmouth.com/>**

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

Cardio Tone - A sculpting class using handheld weights. Lots of core conditioning.

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 and other sculpting moves.

CIZE - CIZE™ LIVE is professional dance for everyday people. Created by Shaun T, world- famous choreographer and fitness trainer, CIZE LIVE breaks down professionally choreographed dance routines, step-by-step, so that anyone can dance! It's so fun, so exciting, it doesn't feel like a workout—but it will burn serious calories like one.

POUND - Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

Instead of listening to music, you *become* the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.

Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities

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 and Thursday 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.

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