

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:30	Cardio Tone Jennifer	Dance/ Sculpt (lower body) Jennifer	Dance/Step/Sculpt Honore	7:30 Dance/ Sculpt Jennifer 8:30 Dance/Tone Honore	Dance/Step/Sculpt Honore	8:00 Club Cardio Leah/Michelle	8:00-9:00 Club Cardio Jen	
9:30	Zumba Michelle	Club Cardio Maddie	Barre Amanda	Club Cardio Maddie	Zumba Michelle	9:00 Stretch Flow Maddie	9:00 Dance/Tone Honore	
10:35	Zumba Honore	11:35 Ballet for Body Vicki	Zumba Honore		Zumba Honore	9:30 Club Cardio Maddie	Zumba Honore	
4:30			Club Cardio Rebecca			<p><b>Effective 5/17/2018</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</p> <p><b>Daily Schedule</b>  <a href="http://Jubilation.pike13.com">http://Jubilation.pike13.com</a></p>  <p><b>Fantastically Fun Fitness</b>                      www.fantasticjubilation.com                      2800 Lafayette Rd Unit 1B                      Portsmouth NH 03801                      603.778.7483</p>		
5:30	Turbokick/PiYO Jackie	Club Cardio Michelle	Club Cardio Maddie	Dance/Step/Sculpt Honore				
6:30	Zumba Katie			Tap Rebecca				

**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/Dance/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