

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30	8:30 Cardio Tone Jennifer	7:00 Dance/tone Honore 8:30 Dance/ Sculpt (lower body) Jennifer	8:40 Barre Amanda	8:30 Dance/ Sculpt Jennifer	7:00 Dance/tone Honore 8:30 Club Cardio Maddie	8:00 Club Cardio Michelle	8:00-9:00 Dance/Tone Honore
9:30	Zumba Michelle	Club Cardio Maddie	Club Cardio Amanda	Dance & Tone Honore	Zumba Michelle	9:05 Club Cardio Honore	9:00 Club Cardio Jennifer
10:35	Club Cardio Honore	11:35 Ballet for Body Vicki	Club Cardio Honore	Club Cardio (Throwback) Honore	Club Cardio Honore		
4:30	4:30 Abs and Core Jennifer	4:30 Club Cardio Maddie	4:30 Club Cardio 5:30-6:00 Express Sculpt Honore			<p>Effective 9/19/2017</p> <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	Turbokick/PiYO Jackie	Club Cardio Michelle	6:00 Club Cardio Jennifer	Club Cardio Michelle	Oula Lauren (resumes 10/6)		
6:30	Zumba Katie			Beginning tap Rebecca/Adele			

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.

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