


**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	8:30 Cardio Tone Jen	7:00 Dance/tone Honore  8:30 Dance/ Sculpt (lower body) Jennifer	8:30 Club Cardio Michelle	8:30 Dance/ Sculpt Jennifer	7:00 Dance/tone Honore  8:30 Zumba Michelle	8:00 Club Cardio Michelle	8:00-9:00 Dance/Tone Honore
9:30	Zumba Michelle	Club Cardio Maddie	20 dance/20 tone/20 stretch Honore	Dance & Tone Honore	Zumba Maddie	9:00 Club Cardio Jen	9:00 Club Cardio Jen
10:35	Zumba Honore	10:35 Core Barre Amanda  11:35 Ballet for Body Vicki	Zumba Honore	Zumba Honore		<p><b>PRICES</b> 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><b>Daily Schedule</b> <a href="http://Jubilation.pike13.com">http://Jubilation.pike13.com</a></p>  <p><b>Jubilation</b> Fantastically Fun Fitness <small>www.fantasticjubilation.com 2800 Lafayette Rd Unit 1B Portsmouth NH 03801 603.778.7483</small></p>	
4:30			4:30 Club Cardio Maddie				
5:30	5:30 Turbokick/PiYO Jackie	Club Cardio Michelle	6:00 Club Cardio Jen	Club Cardio Leah	Oula Lauren		
6:30	Zumba Katie	6:30 Dance and Drum Honore (August only)		Beginning tap 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**