










# Class Schedule

## High Intensity Classes Only\*

Sunday	10 am		<b>Cardio Kickboxing</b> - Kick, punch, squat, to fun music while getting in major awesome shape.
Monday	7 pm		<b>Zumba</b> - It's a party! Fun fast paced aerobic dancing to popular songs while burning calories.
	8 pm		<b>Cross Training</b> - High intensity mix of exercises to fun music to push you to your fitness goals.
Tuesday	8 pm		<b>Piloxing</b> - Combines the fluid motions of Pilates with the power of boxing to burn maximum calories .
Wednesday	7 pm		<b>Core-Fusion Yoga</b> - High octane yoga that works out all your core muscles while improving flexibility.
	8 pm		<b>Cardio Kickboxing</b> - Kick, punch, squat, to fun music while getting in major awesome shape.
Thursday	8 am		<b>INSANITY</b> - Heart pumping intervals of body weight exercise sets push you to your max for weight loss and strength training.
	7 pm		<b>Piloxing</b> - Combines the fluid motions of Pilates with the power of boxing to burn maximum calories .
Saturday	10:30 am		<b>KickA\$\$ Cardio</b> Learn self defense while working out & having fun. Bad boys watch out!

\*High intensity class only.—for the full class schedule for Alan Life & Fitness Members including yoga & pilates, call 718-748-7700. Class schedule subject to change.