

Group Fitness Room - Upstairs

| Sunday                                   | Monday                                    | Tuesday                                     | Wednesday                                    | Thursday                                            | Friday                                          | Saturday                                           |
|------------------------------------------|-------------------------------------------|---------------------------------------------|----------------------------------------------|-----------------------------------------------------|-------------------------------------------------|----------------------------------------------------|
|                                          | <b>SPRINT</b><br>5:00a - 5:30a<br>Kyle    | <b>Kettlebells</b><br>5:00a - 5:45a<br>Kyle | <b>SPRINT</b><br>5:00a - 5:30a<br>Kyle       | <b>BODYBALANCE YOGA</b><br>5:00a - 5:45a<br>Nichole |                                                 |                                                    |
|                                          |                                           |                                             |                                              |                                                     |                                                 |                                                    |
| <b>BODYPUMP</b><br>8:00a - 9:00a<br>Kyle | <b>BODYPUMP</b><br>8:30a - 9:30a<br>Kyle  | <b>GRIT</b><br>8:30a - 9:00a<br>Kyle        | <b>High Low</b><br>8:30a - 9:15a<br>Nichole  | <b>GRIT</b><br>8:30a - 9:00a<br>Nichole             | <b>BootCamp (turf)</b><br>8:30a - 9:30a<br>Kyle | <b>CYCLE Bootcamp</b><br>8:15a - 9:15a<br>Kourtney |
|                                          | <b>Jam</b><br>9:30a - 10:30a<br>Megan     | <b>CORE</b><br>9:00a - 9:30a<br>Jamie       | <b>Kettlebells</b><br>9:15a - 10:00a<br>Kyle | <b>CORE</b><br>9:00a - 9:30a<br>Jamie               | <b>Jam</b><br>9:30a-10:30a<br>Megan             | <b>Kettlebells</b><br>9:15a - 10:00a<br>Hannah     |
|                                          |                                           |                                             |                                              |                                                     |                                                 |                                                    |
|                                          | <b>BODYPUMP</b><br>5:00p - 5:45p<br>Rocio |                                             | <b>BODYPUMP</b><br>5:00p - 5:45p<br>Rocio    |                                                     |                                                 |                                                    |
|                                          | <b>ZUMBA</b><br>5:45p - 6:30p<br>Rocio    | <b>KICKBOXING</b><br>5:30p - 6:30p<br>Sue   | <b>ZUMBA</b><br>5:45p - 6:30p<br>Rocio       | <b>Bootcamp</b><br>5:30p - 6:30p<br>Sue             |                                                 |                                                    |

Group Fitness Room - Main Floor

|                                                      |                                          |  |                                    |  |                                         |  |
|------------------------------------------------------|------------------------------------------|--|------------------------------------|--|-----------------------------------------|--|
| <b>BODYBALANCE YOGA</b><br>9:00a - 10:00a<br>Nichole |                                          |  |                                    |  | <b>Pilates</b><br>9:30a-10:30a<br>Rocio |  |
|                                                      |                                          |  | <b>Jam</b><br>5:15p-6:00p<br>Megan |  |                                         |  |
|                                                      | <b>BARRE</b><br>5:30p - 6:15p<br>Nichole |  |                                    |  |                                         |  |



3250 Sagecrest Dr  
775-738-5090  
Elkopac.com

Kids Club Hours

|                        |                             |                          |
|------------------------|-----------------------------|--------------------------|
| <b>Sunday</b><br>8a-1p | <b>Mon. - Fri.</b><br>8a-8p | <b>Saturday</b><br>8a-2p |
|------------------------|-----------------------------|--------------------------|

PAC Hours

|                            |                                        |
|----------------------------|----------------------------------------|
| <b>Mon - Fri</b><br>3a-11p | <b>Saturday &amp; Sunday</b><br>3a-10p |
|----------------------------|----------------------------------------|

**BARRE** integrates elements of Pilates, dance, cardio and strength training to create programming that is fully expandable and adaptable to any client base. Barre is designed to emphasize the correct biomechanics of movement combined with the power of music to increase strength, flexibility, and stamina. **TOTAL-BODY WORKOUT!**

**BODYBALANCE YOGA** is a class that you can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

**BODYPUMP** gives you a total body workout by utilizing light to moderate barbells and/or plates with lots of repetition. It will burn up to 540 calories! Instructors will coach you through scientifically proven moves and techniques that pump out encouragement and motivation to the beat of great music!

**BOOTCAMP** will focus on strength and endurance. We welcome beginners, pros, and everyone in-between! Just come ready for a fun hour of muscle building, calorie burning fun, and fitness!

**CORE** is an intense 30-minute core-training workout designed to tighten and tone your midsection in the shortest amount of time possible. The class utilizes your body weight, free- weights, and resistance tubing to challenge your balance, coordination and improve your functional strength.

**CYCLE** will have us traveling on flat roads, climb hills, sprint, and sweating it out on stationary bikes. Take this class at your own pace, kick back or push yourself to your limits!

**GRIT** is a 30-Minute-high intensity HIIT workout designed to improve strength, build lean muscle, and improve cardio endurance using barbells, weight plate and body-weight exercises to blast all major muscle groups!

**JAM** Targeting a Cardio workout with multiple muscles involved such as deltoids, pectorals, triceps, and core. Have fun and feeling the music throughout your body.

**KICKBOXING** will teach you how to punch, kick, and block your way through a fun and challenging cardiovascular workout!

**SPRINT** is a 30-minute high-intensity interval training (HITT) workout that utilizes a bike to achieve fast results!

**ZUMBA** is a Latin-inspired, dance-fitness class. Move to Latin and international music in a rockin' class all fitness levels can enjoy. Ditch the workout, join the party!

**KETTLEBELLS** is a high intense workout that can help meet your toughest fitness goals. It combines functional, compound exercises such as "the swing", "the clean" and "the press" that will work multiple muscle groups.

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

**PILATES** is a mat based class that focuses on strength, stability, posture, proper breath control and flexibility.