

# FRIENDS, FAMILY, AND FITNESS

**MARCH 4TH - 11TH**

## SPECIAL GROUP FITNESS CARDIO CLASSES AT YB

Introduce your friends and family to YB's fun and exciting group fitness programs. Try something new and bring someone with you — **these special classes are free to all!**\*

MONDAY, MARCH 5

### RIDE & REVIVE

with Cindy & Hallie  
9:30AM-10:30AM  
with Hallie & Tom  
6:30PM-7:30PM

CYCLE YB STUDIO

*30 minutes of high-intensity indoor cycle followed by 30 minutes express Vinyasa Yoga. Turn your cycling up with Cindy and Tom to a music fueled indoor ride. Bike to the beat on a journey that is challenging as well as thrilling and let the power of the playlist. Drive your performance, followed by Hallie giving a full body sculpting and stretching Vinyasa flow!*

TUESDAY, MARCH 6

### FIT ZONE

with Bonnie & Olimpia  
9:30AM-10:30AM  
with Biola & Tom  
6:30PM-7:30PM

STUDIO 1

*A no nonsense workout with cardio drills and strength building exercises for a challenging sports training experience. Let us help reach your fitness goals and be prepared to sweat in this high energy, high-intensity class! Jump, pull, lift bounce and more with Bonnie, Olimpia, Biola and Tom as you melt away the pounds and create a new lean body!*

WEDNESDAY, MARCH 7

### WARRIOR RIDE

with Bonnie & Tom  
9:30AM-10:30AM  
with Elaine & Heidi  
6:30PM-7:30PM

CYCLE YB STUDIO

*You will be guided through a full body workout to a an inspiring playlist created by Bonnie & Tom or Elaine & Heidi that will lift your spirit, transform your body and clear your mind. Studio will be split in half and will compete against each other with defined cadence, sprints, and intervals using energized music to push everyone to their limits.*

THURSDAY, MARCH 8

### X FACTOR:

**STEP-BOUNCE-TONE**  
with Cindy & Tom  
9:30AM-10:30AM  
**TABATA-BOUNCE-TONE**  
with Dori & Tom  
6:30PM-7:30PM

STUDIO 1

*Combining the cardiovascular workout of the trampoline with lower body intervals of step or tabata as well as light weights and abs. This class will be broken down targeting the lower body, stomach and then arms with upper and lower core exercises.*

FRIDAY, MARCH 9

### KARDIO KICK BOUNCE

with Bonnie & Tom  
9:30AM-10:30AM

STUDIO 1

*Combining the effective fat burning methods of the trampoline with kardio kick boxing or tabata that results in a serious workout. This class is designed to burn the maximum amount of calories while using the resistance of the trampoline to tone your legs and burn muscle!*

SATURDAY, MARCH 10

### TABATA BOUNCE

with Dori & Tom  
8:15AM-9:00AM

STUDIO 1

*Combining the cardiovascular workout of the trampoline with lower body intervals of tabata as well as light weights and abs. This intense class will target the lower body, stomach, and arms using the trampoline with upper and lower core exercises!*

SUNDAY, MARCH 11

### RIDE-TRAIN-STRETCH

with Tom & Biola  
7:30AM-8:30AM  
with Hallie & Tom  
9:00AM-10:00AM

CYCLE YB STUDIO

*A music driven class that will allow you to tune out life and tune into your ride! An intense full body workout designed to improve endurance and increase strength using the bike, weights, and bands. A cardio training meets inspired playlist with a variety of drills, intervals, weight exercises and stretching!*

**\*SIGN UP REQUIRED.** Visit the Front Desk or call to register for all class events.