

SEQUENCE

FITNESS

GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	RYAN	MILLIE	RYAN	MINDY	RYAN		
	MILLIE		STEF	RYAN	MILLIE		
			MILLIE				
8:00 AM	RYAN	MIKO	RYAN		RYAN		
8:15 AM						RYAN	
8:30 AM	MIKO	GWEN	LAURIE	AMY S.	SALLY	CHERYL/TANYA	KIMBERLY
	MINDY			8:45 AM RYAN			
8:45 AM		RYAN		CHERYL B.			
9:00 AM						rotating instr.	
9:15 AM						RYAN	
9:30 AM	MIKO	LAURIE	MIKO		MIKO		
9:40 AM					9:40 AM AMY M.	9:40 AM MILLIE	
9:45 AM							
9:50 AM see notes	GWEN		9:45 AM PAMM	9:50 AM GWEN	9:40 AM CHERYL B.		
10:00 AM				MIKO			
10:15 AM						rotating instr.	
10:30 AM							
4:30 PM			AMY M.				
5:15 PM		Express (45 min) SUSAN T.					
5:30 PM	SUSAN F.	MINDY	SUSAN F.	MILLIE			
				SUSAN T.	TANYA		
5:45 PM	SALLY	RYAN	GWEN	RYAN			
6:00 PM	RYAN		RYAN				
6:15 PM		LAURIE					
6:45 PM 6:50 PM	6:50 PM LIZ			6:45 PM TANYA			
7:00 PM			7:00 PM 30 minute format MILLIE	MONIQUE			
7:15 PM		LIZ	7:30 PM MILLIE				

EFFECTIVE SEPTEMBER 2017

*Additional charges apply to Pulse Training classes



Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.



BODYPUMP™ is for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 430 calories*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.



Find your rhythm in a cardio peak cycling workout that delivers maximum results with minimum impact on your joints. RPM™ tunes you in to great music and takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your training level over time. Your instructor will show you how to set up your bike and all the basic cycling moves. If you want a true sense of achievement, get into a RPM class today.



A 60-minute high intensity interval training (HIIT) workout that will have your pulse throbbing, body sweating, and mind blown. A heart rate monitored class that contains repeated bouts of high intensity effort followed by varied recovery times that will keep the calories burning long after the workout is over. Pulse Training will get you in shape and achieve your fitness goals – in a heartbeat.



This class provides a fat burning workout that integrates the use of the ballet barre. You will focus on form and precise isometric movements that will align the body and clear the mind. Through a Sequence of toning exercises, this workout will tone your core, arms and legs, to create long, lean muscles without the bulk. This is **the best class in Panama City Beach**, barre none.



Let our instructors lead you to a core experience far beyond the traditional sit-ups or crunches, and truly engage the muscles that provide total body stability. This 30-minute core conditioning class will teach you the proper way to strengthen your core, improve lower back pain, and help prepare the body for the rigors of everyday life movements. **Enjoy Core and More!**



The minute you hop on your bike, our instructors will lead you through flat roads, hills, intervals, and more! Using interval training techniques, this sweat session is a fun, challenging workout that will tone your legs and have you begging for more. No matter what your fitness level, **we guarantee you'll love Cycle 60.**



Busy? Come slow down, breathe, and meditate. Indulge in Sequence of yoga techniques that will bring a sense of well being to the body and radiate peace of mind. Our instructors will guide you into actively cultivating the attitude of letting go and will help teach you how to lengthen muscles, strengthen your core, and deeply relax. **Escape your day** with Yoga!



The cardio craze! Cardio dance fitness workout along with great energetic music, fantastic choreography and an array of Latin steps such as Meringue, Salsa, Reggaeton, Cumbia, Mambo and much more. **DANCE YOUR WAY TO FITNESS!**



This class is a spin from your traditional step aerobics. We use four combinations of fun and challenging step moves to create a high calorie burning workout.



Short on time? This class is a quick and effective. In just 30 minutes you will get a total body workout using the 20 seconds of work/ 10 second rest format. This circuit is for all fitness levels.



This class is a total leg, glute and core workout. You will use a variety of equipment to burn calories while toning and shaping your perfect booty.



200 Richard Jackson Blvd.
Panama City Beach, FL 32407
850-588-1145

CLUB HOURS

Monday - Thursday 5:00AM - 10:00PM
Friday 5:00 AM - 9:00PM
Saturday 7:00AM - 6:00PM
Sunday 8:00AM - 6:00PM

KIDZ CLUB HOURS

Mon - Fri 7:30AM - 12:00noon | Mon - Thu 3:30PM-8:00PM
Friday 3:30PM - 7:30PM | Saturday 8:00AM - 12:30PM
Sunday CLOSED