



Last Updated: 4/12/2018

Effective: 4/12/2019-7/15/2019

Group Fitness Spring 2019 Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM Burn w/Sara	6:00 AM Cycle w/Sara	6:00 AM Burn w/Sara	6:00 AM Cycle w/Cheryl	6:00 AM Burn w/Sara		
7:15 AM Power Circuit w/Cherie	7:15 AM Vinyasa Yoga w/Sara	7:15 AM Barre w/Cherie	7:15 AM Vinyasa Yoga w/Sara	7:15 AM Barre w/Sara		
8:30 AM Restorative Yoga w/Cherie Cycle w/Cary	8:30 AM BodyPump w/Kelly 8:45 AM Battle Ropes w/Sara (court)	8:30 AM Restorative Yoga w/Cherie Cycle w/Bruce 8:45 AM Burn w/Susan R (court)	8:30 AM BodyPump w/Kelly 8:45 AM Battle Ropes w/Sara (court)	8:30 AM Cycle w/Cary 8:45 AM Strong w/ Susan	8:00 AM BodyPump w/Katy Cycle w/ Rosalie	8:05 AM Burn w/Katy 8:15 AM Cycle/Core w/Megan (75 min)
9:45 AM BodyPump w/Holly Tabata w/Cherie (court)	9:45 AM Strong w/Amanda Cycle w/Bruce 9:50 AM Fit4All w/Cherie (court)	9:45 AM Cycle Fit w/Bruce	9:45 AM Cycle w/Bruce Hatha Flow Yoga w/Cherie 9:50 AM Fit4All w/Sue (court)	9:15 AM Power Circuit w/Staff(court) 9:45 AM Barre w/Kako Cycle Fit w/Bruce	9:10 AM Zumba w/Susan 9:15 AM Burn w/ Katy (court)	9:15 AM Yoga w/ Paula
10:50 AM Fit4All w/Sue I (court) BodyFlow w/Holly (Starts 5/6)	10:50 AM Zumba w/Amanda	10:50 AM Fit4All w/Shonagh (court) Barre w/Sara	10:50 AM Zumba w/Amanda	10:50 AM	10:15 AM BodyFlow w/Holly	10:30 AM Zumba w/Venessa
12:00 PM Cycle IT w/Cheryl (45 min) 12:45 PM Core w/Cheryl (30 min)	12:00 PM Mat Pilates w/Kako	12:00 PM Cycle w/Cheryl (45 min) Core w/Cheryl (30 min)	12:00 PM Mat Pilates w/Kako Battle Ropes w/Cheryl (court)	12:00 PM Cycle w/Eryn		
5:30 PM Zumba w/Susan	5:30 PM BodyPump w/Patience Burn w/ Katy (court)	5:30 PM Cycle w/Eryn Zumba w/Daren	5:30 PM BodyPump w/Patience	5:45 PM Zumba w/Daren		
6:00 PM Battle Ropes w/Katy (court) 6:45 PM Vinyasa Yoga w/Marne	6:45 PM BodyFlow w/ Katy	7:00 PM Vinyasa Yoga w/Marne	6:35 PM Cardio Kickbox W/Katy & Sylvia (Court)	7:00 PM Restorative Yoga w/Daniela		

GROUP FITNESS CLASS DESCRIPTIONS

STRENGTH / HIIT CLASSES

BODYPUMP

BODYPUMP™ strengthens your entire body. This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls.

TABATA

Short burst of high-intensity intervals (0:20 seconds) followed by short periods (0:10 seconds) of rest will challenge your strength and cardiovascular endurance. Tabata is one of our most intense classes.

STRONG

"Strong" combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. Using your own body weight, you will improve muscular endurance, tone and definition. The high intensity intervals will get your body burning calories long after your workout and by working harder than you thought you could, you'll see results faster and accomplish more ambitious fitness goals.

BURN

Variable intervals of H.I.I.T (high intensity interval training) incorporating strength, cardio, anaerobic bursts, and core work. You'll get stronger, faster, fitter and more flexible.

POWER CIRCUIT

Station based class combines functional strength exercises with High-Intensity-Interval-Training (HIIT) cardio. Broad, dynamic ranges of motion enhance flexibility while building coordination; lifting heavy weights helps you gain functional strength and build lean muscle; high-intensity interval training boosts conditioning, amps up the challenge, and keeps you lean and strong.

CARDIO CLASSES

ZUMBA

Latin-inspired dance-fitness program that blends red-hot international music and easy to follow contagious steps to form a "fitness-party" that is downright addictive!

FIT4ALL

A great intro to group exercise, this class is designed for all ages and all fitness levels. Fit4All includes basic aerobics combined with strength training, balance, and core exercises. Learn proper form and technique for common exercises while practicing a progression of cardio movements, fine tuning balance skills, and finishing with a revitalizing and relaxina stretch.

MIND AND BODY CLASSES

CORE 30

Core 30 is a 30- minute class that focuses on strength and stability to improve muscular balance and injury prevention, as well as increase flexibility and mobility through the full range of motion.

BODYFLOW

BODYFLOW is the MindBody workout that builds flexibility and strength and leaves you feeling centered and calm. Carefully structured series of stretches and poses to music create a holistic workout that brings the body into a state of harmony.

BARRE

Barre fuses dance conditioning, Pilates, yoga and elements of traditional resistance work to fatigue muscle groups to exhaustion, followed by a recovery stretch. With an emphasis on proper form and alignment, Barre sculpts the smaller, stabilizing muscles of the body.

MAT PILATES

Mat Pilates is a multi-level class that focuses on strength, precision, and flow of movement. You will learn to be aware of breathing patterns and spinal alignment, while engaging the deep muscles of the core.

YOGA

Yoga is the 'union' between the mind, body and spirit. It involves the practices of physical postures and poses linked with breathing exercises, relaxation technique, and meditation. These classes are open to all members and all levels of fitness.

CYCLE CLASSES

CYCLE

Is an intense indoor cycling cardio workout. Sweat like crazy and burn a lot of calories to fun, motivating music that takes you through hills, intervals, and sprints on the bike.

CYCLE FIT

A combination of cardio cycle intervals on the bikes and strength conditioning exercise off the bikes for an awesome 2-in-1 workout! Athletic shoes are recommended for this class.