



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM Burn w/Sara	6:00 AM Step Cardio Mix w/Jen Cycle w/Sara	6:00 AM Burn w/Sara	6:00 AM Step Cardio Mix w/Jen 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		8:05 AM Barre w/Katy
8:30 AM Restorative Yoga w/Cherie Cycle w/Cary	8:30 AM BodyPump w/Kelly Cycle Fit w/Bruce *New*	8:30 AM Restorative Yoga w/Cherie Cycle w/Bruce	8:30 AM BodyPump w/Kelly Cycle w/Bruce *New*	8:30 AM Cycle w/Cary	8:00 AM BodyPump w/Katy 8:15 AM Cycle w / Rosalie	8:15 AM Burn w/Katy 8:15 AM Cycle/Core w/Megan (75 min)
9:15 AM Tabata w/Janice (Court)	9:45 AM Strong w/Amanda Cycle w/Bruce	9:45 AM Cycle w/Bruce	9:45 AM Cycle w/Bruce *New format* Hatha Flow Yoga w/Cherie	9:15 AM Power Circuit w/Staff(court)	9:10 AM 9:15 AM Zumba w/Susan	9:15 AM Yoga w/ Paula
10:50 AM Fit4All w/Sue I (court)	10:50 AM Zumba w/Amanda	10:50 AM Fit4All w/Shonagh (court)	10:50 AM Zumba w/Amanda	11:00 AM BodyFlow w/Holly	10:15 AM BodyFlow w/Holly	10:30 AM Zumba w/Venessa
12:00 PM BodyFlow w/Holly	12:00 PM Zumba w/Amanda	12:00 PM Barre w/Sara	12:00 PM Zumba w/Amanda	12:00 PM BodyFlow w/Holly		
12:45 PM Cycle w/Cheryl (45 min)	Mat Pilates w/Kako	12:45 PM Cycle w/Cheryl (45 min)	Mat Pilates w/Kako	12:00 PM Cycle w/Eryn		
Core w/Cheryl (30 min Court)		Core w/Cheryl (30 min Court)	Battle Ropes w/Cheryl (court)			
	4:00 PM Gentle Yoga w/ Patty		4:00 PM Gentle Yoga w/ Patty			
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 BodyFlow w/ Katy	7:00 PM Vinyasa Yoga w/Manne	6:35 PM Body Combat w/Katy & Sylvia	7:00 PM Restorative Yoga w/Daniela		
Vinyasa Yoga w/Staff						

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 relaxing 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.