

GROUP FITNESS SCHEDULE

	Mon 5:15AM – 9:30PM	Tues 5:15AM – 9:30PM	Wed 5:15AM – 9:30PM	Thurs 5:15AM – 9:30PM	Fri 5:15AM – 8:30PM	Sat 7:00AM – 6:00PM	Sun 9:00AM – 6:00PM
5:30am to 6:25am	Adrenaline Cycle Megan S.	Barre/Yoga Megan S.	Cardio & Strength Circuit Mandy	Booty Barre Anika	Cardio & Strength Circuit Megan S.		
6:30am to 7:25am				WOW (Weight Room) Carol			
7:45am to 8:40am	Strength n' Sculpt Andrea	Yoga (K) Level All (gentle) Lindsey	Pilates Sculpt Nicole	Yoga Gentle Strength (V/H) Level B/I Talia	7:45-8:15a Indoor Cycling 8:15-8:45a Core Conditioning Bree	Pure Energy Step Megan S.	
8:50am to 9:45am	Shaded classes = Child care available during this time.					Yoga Strength (A,V) Level I/A Megan S.	
9:00am to 9:55am	HIIT Andrea	Pure Energy Step Mandy	Yoga (V) Level B/I Catiebelle	Barbell Cardio Andrea	Nia™ Siere	9:50-10:55a Nia™ Siere	9:15-10:10a HIIT Circuit April
10:00am to 10:55am	Zumba® Aimie	Strength n' Balance Mandy	Zumba® Andree	Yoga (H) Level B/I Sara	POP Pilates Amanda	10:00-11:00a Adrenaline Cycle Bree	10:15-11:30a Yoga Brunch(A,V) Level I/A Cat
11:00am to 11:55am	Bamboo Bodies™ Angi	MELT® Length n' Strength Sara B.	Bamboo Bodies™ Angi	WOW (Weight Room) Raina NEW Instructor 11/4	Yoga (H/V) Level B/I Sam	Zumba® Bree	11:35-12:35p Zumba® Mariah
12:00pm to 12:55pm	Gentle Yoga Level B/I NEW TBD Instructor 11/20	Pilates Tessah	Zumba Gold® Monica	Boomers Cardio & Strength Andrée	Qi Gong Holly Ann	12:00-1:20p MELT® Length n' Strength Sara B.	12:45-1:45p Pilates Elena
4:30pm to 5:25pm	HIIT & Core Jolene	Zumba® Bree	Bike n' Buff Bike – Carol 5:00-5:25p Buff - Carol	Yoga (H,K) Level B/I Carolyn M.		Kids Club ends at 2pm	
5:30pm to 6:25pm	Nia™ Allison	Step n' Strength Erika	5:30-6:15p Turbo Kickboxing 6:15-6:25p Core Conditioning Alta	Nia™ Allison	Zumba® Alexis	NOTE: All Group Fitness sessions are 55 minutes unless otherwise noted on the schedule. All sessions are multi-level workouts; instructors will provide modifications to fit your fitness level. Shaded area indicates kids club hours.	
6:00pm to 6:55pm	Indoor Cycling Remy		WOW-Weight Room Jolene				
6:30pm to 7:25pm	Cardio & Strength Circuit Andrea	Pilates Tessah	Zumba Lizzy	Cardio & Strength Circuit Andrea			
7:30pm to 8:25pm		Yoga (Y) Level B Carolyn M.					

Group Fitness Class	Class Descriptions	Fitness Goal
Bamboo Bodies™	Just like bamboo, our movement should be balanced and supported in our structure. In this strength conditioning class, rejuvenate & recondition the body through Qigong, corrective exercise and massage. Feel the Qi flow with this intense but Zen workout.	M F
Barbell Cardio	Build your strength, stamina, and endurance. In this class you will combine continuous cardiovascular activity with light to moderate weight training using barbells. This class is suitable for all levels of fitness and exercise experience.	CV M
Barre	Barre combines the best of yoga, ballet, and Pilates - achieving a full-body workout targeting the hips, thighs, seat, abdominals and upper body. The technique is low-impact, alternating movement and stretching, plus using your own body weight as a natural tool to build elegant, lean muscles. No dance experience is required. Be prepared to have fun!	CV M, F
Boomers Cardio & Strength	The cardio segment of this class will use fun choreography and upbeat world music to incorporate practice with memory, challenge eye-hand coordination and increase aerobic capacity. The strength and flexibility portions will improve balance and encourage good posture while improving overall toning. It's a lot of work that feels like a lot of fun!	CV M, F
Booty Barre	A Pilates, Yoga, and Dance fusion workout that incorporates strength and mobility together that will also get your heart rate elevated! All levels are welcome and no dance experience is necessary. This class focuses on strengthening your small stabilizer muscles in a low impact environment to prevent injury and still get a great workout.	CV M, F
Bike n' Buff	This format combines the low-impact cardiovascular fitness and maximal caloric burn of cycle muscle conditioning using a variety of strength tools including your own body. Finish your workout with key stretches to aid flexibility.	CV M, F
Cardio & Strength Circuit	A cardio conditioning workout with strength training. Each week is always a surprise, sometimes it's a full tabata, sometimes it's individual circuits, using a variety of equipment such as steps, bosus, kettle bells or resistance bands.	CV M
Core Foundations	With the strong foundations of Ballet, Pilates, Yoga, and Gyrokinesis, this class will be set to motivating music and be sure to have you feeling stronger and more flexible. Be prepared to focus on breath, work hard, sweat, and most importantly, get in touch with your core!	M F
HIIT, HIIT Circuit, HIIT & Core	High-intensity interval training (HIIT), an exercise strategy alternating periods of short intense anaerobic exercise with less-intense recovery periods. These short, intense workouts provide improved athletic capacity and condition, improved glucose metabolism, and improved fat burning. After a brief warm up, we'll go between cardio bursts and strength circuits, a burnout focusing on the core, and wrap up with stretches to improve flexibility.	CV M
Hip Hop Cardio	Get your heart pumping with great beats and fresh moves! From Hip Hop to Dancehall, you will learn how to shake your rump with choreography break downs that will start slow and build in intensity, as well as some cue and follow songs. A variety of options will be given. All levels welcome, just bring your dancin' shoes!	CV
Indoor Cycling	Improve your cardiovascular fitness and maximize caloric burn by incorporating interval-based drills, visualization and effective coaching techniques. A great workout to lose body fat or maintain a lean physique. Expect to burn 450 calories in 30 minutes & 600 calories in 40 minutes. Adrenaline Cycle will burn an incredible 900 calories in 55 minutes.	CV
MELT® Length n' Strength	Use MELT® soft foam rollers to lengthen and rebalance the body. Specialized exercises will build core strength and stabilize the hips, knees, and shoulders for dynamic, pain-free movement. Suitable for all levels of fitness.	F
Nia™ (neeah)	A hybrid session of dance, martial arts and mind/body/spirit programs that creates a joyful, empowering workout that conditions your cardiovascular system and develops muscle tone.	CV F
Pilates	A core based - full body workout to achieve strong and toned abdominals, low back, hips and thighs, improved flexibility, better postural alignment, muscle endurance, long and lean muscles, improved balance, relaxation and stress relief.	M F
Pilates Sculpt	A fast-paced strength training class that combines free weights with booty blasting lunges, interval training cardio, traditional Pilates mat exercises, and muscle lengthening with foam rollers for a balanced workout suitable for all levels.	CV M, F
POP Pilates	POP Pilates is a mat based class that combines total body toning Pilates exercises, a choreographed attitude and top 40's music for a workout that leaves no muscle untouched. It's a dance on the mat!	CV, M, F
Pure Energy Step	High on intensity and choreography, this fun results-oriented workout will challenge your agility and coordination. You'll have so much fun; you'll forget you are working out!	CV
Qi Gong	Practice easy to learn standing Qi Gong forms to increase your balance, strength and inner calm. The slow graceful movements enhance your overall strength while incorporating mindfulness. Beneficial for all levels of fitness.	M
Step n' Strength	High intensity intervals and full body muscle conditioning – all packed into one energetic, results-oriented workout. A great session for those who would like to burn a ton of calories and develop a toned upper and lower physique.	CV M
Strength n' Balance	Energy burning, muscle conditioning workout with the addition of balance training and bone density building components that will help reduce the risk of osteoporosis.	M
Strength n' Sculpt	This muscle conditioning class utilizes a variety of training tools to build strength and sculpt your entire body.	M
Turbo Kickboxing	Punching, kicking, cardio footwork and more... plus a short turbo cardio session to kick your booty even more! Not only is this workout a blast but it's a great way to lose body fat, tone your muscles and get out all your aggression!	CV
WOW - Women on Weights	A muscle conditioning circuit workout in the weight room. Train your upper and lower body utilizing weight machines, free weights and other training tools. This class will teach you how to use the weight room equipment safely and effectively.	M
Yoga	Improved balance and flexibility, muscle endurance, long and lean muscles, enhanced focus and stress release. No high-risk movements will be taught. Use this guide... Type: H-Hatha, V-Vinyasa, A-Ashtanga, K-Kripalu, Y-Yin. Level: B-Beginner, BI-Beginner to Intermediate, I-Intermediate, IIA-Intermediate to Advanced, A-Advanced	M F
Yoga Strength	This athletic program incorporates various multi-level poses and stretches centered in a more challenging active Yoga practice. Ashtanga/Vinyasa disciplines.	M F
Zumba®	International, pulsating rhythms ignite dynamic, easy-to-follow movements inspired by salsa, meringue, hip hop, belly dancing, and more. Zumba's interval format creates an invigorating workout that burns fat and tones your body from head to toe!	CV
Zumba Gold®	A modified Zumba® class that recreates the original moves you love at a lower-intensity for active older adults. The class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.	CV M, F

Cardiovascular Conditioning (CV) - These types of sessions will improve the health of your heart, burn a ton of calories and develop overall fitness conditioning. They are a must for those of you wanting to burn body fat.

Muscle Conditioning (M) - By regularly participating in these sessions you will maintain muscle mass, develop your strength, improve your muscle tones and definition, increase your metabolic rate, achieve a healthy body weight and fat percentage, improve your posture, strengthen your bone density, improve your balance, and more! Muscle conditioning programs are the fastest way to change your body shape. You should incorporate three muscle conditioning workouts into your schedule each week. Avoid training the same body part two days in a row.

Mind/Body Fitness & Flexibility (F)-Avoid injuries, reduce tight and stiff areas, manage your stress and develop muscles that are both strong and pliable.