

# GROUP FITNESS SCHEDULE

	<b>Mon</b> 5:15AM – 9:30PM	<b>Tues</b> 5:15AM – 9:30PM	<b>Wed</b> 5:15AM – 9:30PM	<b>Thurs</b> 5:15AM – 9:30PM	<b>Fri</b> 5:15AM – 8:30PM	<b>Sat</b> 7:00AM – 6:00PM	<b>Sun</b> 9:00AM – 6:00PM
<b>5:30am to 6:25am</b>	Adrenaline Cycle Megan S.	Barre Meghan A. <b>NEW</b> Instructor I/19	Cardio & Strength Circuit Mandy	<b>5:30-6:15a</b> Indoor Cycling <b>6:15-6:30a</b> Core Condition Kelly	Cardio & Strength Circuit Megan S.		
<b>6:30am to 7:25am</b>			Indoor Cycling <b>NEW</b> Bree Instructor I/20	WOW (Weight Room) Carol			
<b>7:45am to 8:40am</b>	Strength n' Sculpt Andrea	Yoga (K) Level All (gentle) Lindsey	Barre Meghan A. <b>NEW</b> Instructor I/20	Yoga Gentle Strength (V,H) Level B/I Talia	<b>7:45-8:15a</b> Indoor Cycling <b>8:15-8:45a</b> Core Condition Bree	Pure Energy Step Megan S.	
<b>8:50am to 9:45am</b>	<b>Shaded classes = Child care available during this time.</b>					Yoga Strength (A,V) Level I/A Megan S.	
<b>9:00am to 9:55am</b>	H.I.I.T Andrea	Pure Energy Step Mandy	Yoga (V) Level I Sam	Barbell Cardio Andrea	Nia™ Siere	<b>9:50-10:55a</b> Nia™ Siere	<b>9:15-10:10a</b> Step n' Strength Mandy
<b>10:00am to 10:55am</b>	Zumba® Aksana	Strength n' Balance Mandy	Zumba Tone® Aksana	Yoga (K,Y) Level B/I Jenna	Pure Energy Step Mandy	<b>10:00-11:00a</b> Adrenaline Cycle Bree	<b>10:15-11:30a</b> Yoga (H,V) Level B/I Mandy
<b>11:00am to 11:55am</b>	Bamboo Bodies™ Angi	MELT® Length n' Strength Sara B.	Bamboo Bodies™ Angi	WOW (Weight Room) Shauna	Yoga (H/V) Level B/I Sam	Zumba® Bree	<b>11:35-12:35p</b> Zumba® Mariah
<b>12:00pm to 12:55pm</b>	Gentle Yoga Level B/I Kierstin	Tai Chi Candace		Pilates Bridget	Qi Gong Holly Ann	<b>12:00-1:20p</b> MELT® Length n' Strength Sara B.	<b>12:45-1:45p</b> Pilates Elena
<b>4:30pm to 5:25pm</b>	H.I.I.T. & Core Erika	Zumba® Bree	Bike n' Buff Bike – Carol <b>5:00 pm</b> Buff - Carol	Yoga (H,K) Level B/I Carolyn M.		<b>Kids Club ends at 2pm</b>	
<b>5:30pm to 6:25pm</b>	Nia™ Allison	Step n' Strength Erika	<b>5:30-6:15p</b> Turbo Kickboxing <b>6:15-6:25p</b> Core Condition Alta	Nia Allison	Zumba® Deb	<b>NOTE:</b> 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.  <b>Shaded area indicates kids club hours.</b>	
<b>6:00pm to 6:55pm</b>	Adrenaline Cycle Remy		WOW-Weight Room Jolene				
<b>6:30pm to 7:25pm</b>	Cardio & Strength Circuit Andrea	Pilates Meghan A.	Zumba Sue	Cardio & Strength Circuit Andrea			
<b>7:30pm to 8:25pm</b>		Yoga (Y) Level B Carolyn M.		Barre Sara			

Group Fitness Program	Class Descriptions	Fitness Goal
<b>Bamboo Bodies™</b>	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
<b>Barbell Cardio</b>	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
<b>Barre</b>	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
<b>Bike n' Buff</b>	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
<b>Cardio &amp; Strength Circuit</b>	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
<b>H.I.I.T &amp; Core</b>	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. The second half of the class will be core development and strengthening.	CV M
<b>Indoor Cycling</b>	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. <b>Adrenaline Cycle</b> will burn an incredible 900 calories in 55 minutes.	CV
<b>MELT® Length n' Strength</b>	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
<b>Nia™ (neeah)</b>	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
<b>Pilates</b>	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
<b>Pure Energy Step</b>	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
<b>Qi Gong</b>	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
<b>Step n' Strength</b>	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
<b>Strength n' Balance</b>	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
<b>Strength n' Sculpt</b>	This muscle conditioning class utilizes a variety of training tools to build strength and sculpt your entire body.	M
<b>Tai Chi</b>	Tai chi is a gentle, but powerful form of exercise that originated in China. The practice creates a healthy body, calm mind, and balanced spirit. Studies show that tai chi improves cardiovascular function, delays dementia, prevents falls, reduces joint pain, increases immune function, improves mood, and so much more. Due to it's numerous medical benefits, a Harvard Health Publication described it as "meditation in motion". But, most importantly, it's fun; it's safe; and it makes you feel good. This class is a great introduction to tai chi. We will begin by learning the first six movements of a popular tai chi set, the Yang style short form. Come experience the power of this centuries-old form of exercise and enjoy the benefits it brings to you.	F
<b>Turbo Kickboxing</b>	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
<b>WOW - Women on Weights</b>	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
<b>Yoga</b>	Improved balance and flexibility, muscle endurance, long and lean muscles, enhanced focus and stress release. No high-risk movements will be taught. <b>Use this guide...</b> <b>Type:</b> H-Hatha, V-Vinyasa, A-Ashtanga, K-Kripalu, Y-Yin. <b>Level:</b> B-Beginner, B/I-Beginner to Intermediate, I-Intermediate, I/A-Intermediate to Advanced, A-Advanced	M F
<b>Yoga Strength</b>	This athletic program incorporates various multi-level poses and stretches centered in a more challenging active Yoga practice. Ashtanga/Vinyasa disciplines.	M F
<b>Zumba®</b>	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
<b>Zumba Tone®</b>	Zumba Tone® combines Regular Zumba® and targeted body-sculpting exercises to create a calorie-torching, strength training dance fitness party. Light hand weights are used to target and tone arms, abs, gluts and thighs.	CV M

**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. Heart rate monitors are available to ensure you are in the correct training zone based on your goals.

**Muscle Conditioning (M)** - These types of sessions are absolutely critical for so many reasons. First, the best physiologists in the world are reporting that muscle conditioning is the most important component for reversing the aging process. 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 and Flexibility (F)** - If you want to avoid injuries, reduce tight and stiff areas, manage your stress and develop muscles that are both strong and pliable, these sessions are perfect for you.