

GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Circuit Sculpt 6:00AM (60min) Studio 2/ Cheryl	TRX Bootcamp* (\$) 6:00AM (45min) Studio 2 / Amy	HIIT 6:00AM (45min) Studio 2 / Amy	TRX Bootcamp* (\$) 6:00AM (45min) Studio 2 / Amy	Circuit Sculpt 6:00AM (60min) Studio 2 / Cheryl	Spinning* 8:30AM (60min) Rotating Instructor
Freestyle Strength* 8:00AM (60min) Studio 2 Lisa	Ashtanga 8:30AM (60min) Studio 1 John / Jean	SilverSneakers Cardio/Circuit 8:00AM (60min) Studio 2 / Jean	TRX* (\$) 9:00AM (45min) Studio 1 Beau	Freestyle Strength* 8:00AM (60min) Studio 2 Lisa	Zumba 8:45AM (45min) Studio 2 Carolyn
Spinning* 9:00AM (60min) Kate	Spinning* 9:00AM (45min) Christine	Zumba 9:00AM (60min) Studio 1 Carolyn	Spinning* 9:00AM (45min) Christine	Spinning* 9:00AM (60min) Amy	Mindful Movement Yoga 9:00AM (60min) Studio 1 / Cheryl M.
Barre Fit* 9:15AM (60min) Studio 2 Amy	TRX* (\$) 9:00AM (45min) Studio 2 Tara	Spinning* 9:00AM (60min) Amy	Pilates 9:00AM (60min) Studio 2 Jean	PiYo Live 9:00AM (60min) Studio 2 Tara / Angela	Yoga Flow 10:15AM (60min) Studio 1 / Julia
Vinyasa Yoga 9:30AM (60min) Studio 1 Jean	Kettlebells 9:45AM (45min) Studio 2 / Carolyn	Barre Fit* 9:15AM (60min) Studio 2 Michelle	SilverSneakers Classics 10:30AM (60min) Studio 2 / Jean		
	SilverSneakers Classics 10:30AM (60min) Studio 2 / Carolyn	Gentle + Yin Yoga 10:30AM (60min) Studio 1 / John			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
	Kettlebells, Cardio & Battling Ropes 5:30PM (60min) Studio 2 / Stephanie				PiYo Live 10:00AM (60min) Studio 2 / Megan
Freestyle Strength* 6:00PM (60min) Studio 2 / Beau	Mindful Movement Yoga 6:30PM (60min) Studio 1 / Cheryl	Functional Strength* 6:00PM (45min) Studio 2 / Beau	Spinning* 6:00PM (60min) Steve		
Spinning* 6:00PM (60min) Steve		PiYo Live 6:00PM (60min) Studio 1 Megan	Vinyasa Yoga 6:30PM (60min) Studio 1 / Jean		 <p>EST. 1976</p> <p>January 2020 * Sign-Up Required \$ Extra Class Fee</p>

ASHTANGA: All levels welcome! This class moves through the Primary Series.

BARRE FIT(*): Ballet moves and traditional strength exercises combine for a workout that promotes long, lean muscles. Emphasis is placed on legs, buttocks and back, but you'll walk away with a total body workout.

CIRCUIT SCULPT: This strength-based workout challenges every muscle group using a wide variety of equipment and short bursts of cardio. You'll never be bored and you'll always work hard.

CROSS TRAINING: This class constantly mixes it up to challenge you every single time. It's all about avoiding the dreaded fitness plateau!

FLOWING STRENGTH YOGA: Explore strength with Ashtanga-based postures where your body and mind are challenged between supple and strong. Form and technique are emphasized through the breakdown of postures, so all levels may participate.

FREESTYLE STRENGTH(*): Whether you're using weights or your own body, this class changes every time to keep you challenged. Draws on other formats (like barre, bootcamp and HIIT) to create variety.

FUNCTIONAL STRENGTH(*): This high intensity, total body workout incorporates balance, core and strength exercises throughout. This circuit class might occasionally take place on the functional training system (fitness floor).

GENTLE + YIN YOGA: An energizing flow of postures that are geared toward beginners and those who prefer to take it slow. This class will also explore Yin yoga, where poses are held for longer increments of time.

HIIT: Equipment use is minimal, but this high intensity interval class takes calorie burn to the max! Expect to work hard as you tackle a circuit that challenges cardiovascular and muscular strength and endurance. Class ends with a nice, deep stretch.

KETTLEBELLS: This class is quick and efficient, raising your heart rate and challenging your muscles in just 45 minutes!

KETTLEBELLS, CARDIO & BATTLING ROPES: Functional training meets athletic performance in an energetic class format.

MINDFUL MOVEMENT YOGA: Building strength and flexibility through purposeful linking of breath and postures. Hatha Yoga foundation combining elements of Yin, Vinyasa, and Pranayama.

PILATES: Become firm, fit and flexible with a flowing repertoire of stretching, strengthening and stabilizing exercises. Reshape your body and rethink your workout using this total body conditioning exercise!

PIYO LIVE: Elements of yoga and Pilates combine with traditional strength and flexibility moves in a high-intensity, low impact workout set to upbeat, energetic music. Bring your mat...and get ready to sweat.

SILVER SNEAKERS CARDIO/CIRCUIT: This version takes the Classic class up a notch. You'll be on your feet the entire time!

SILVER SNEAKERS CLASSIC: Focus on muscular strength and range of motion to ultimately increase agility, improve functional capabilities and your fitness level while boosting your sense of well-being.

SPINNING(*): This cardio workout isn't boring! Challenge your mind, push your strength and improve your endurance. All levels welcome.

STEP & SCULPT: If you're looking for a traditional step class, then you'll like this 45-minute workout. Tone, strengthen, stretch and step!

TRX(*): Suspension training takes strength training to a new level. Classes vary, some are Bootcamp workouts while others just use the straps. TRX Core focuses entirely on core strength. Small fee applies.

VINYASA YOGA: All levels welcome to experience Ashtanga based postures that provide flexibility and strength with attention to breath. Your mind and body will be prepared for whatever lies ahead.

YOGA FLOW: This class focuses on the exploration of basic yoga poses. Postures are broken down and modifications are offered as we flow and connect attention to breath, alignment and mindfulness. All levels welcome.

ZUMBA: The fusion of Latin and International music creates a dynamic dance party that doubles as an effective workout. You'll burn calories in this high-energy workout.

Reserve your spot in person, online, or over the phone by calling the front desk for classes that require sign ups. No phone calls before 8AM. Sign-ups open up for availability on Monday at 12AM, one week in advance.

No-shows are subject to a \$5 fee.

Select classes are subject to additional fees.

