



Class Schedule

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	SPIN						
5:30 AM		Spin Kerry		Spin Kerry	Spin Kristen		
6:00 AM							
6:30 AM							
7:00 AM						Spin Kerry	
7:30 AM							
8:00 AM		Interval ♥					Spin Kerry
8:30 AM						Spin Elena	
9:00 AM	Spin MaryAnn		Spin MaryAnn		Spin MaryAnn		
9:30 AM							
10:00 AM							Rhythm Ride ♥ Natalie
10:30 AM							
5:30 PM			Rate Ride ♥ Natalie 5:45pm-6:45pm	Sculpt & Spin Nancy 5:45pm-6:45pm			
6:00 PM							
	YOGA						
8:00 AM		Stretch Elizabeth		Stretch Michelle			
8:30 AM							
9:00 AM	Flow Yoga Elizabeth		Flow Yoga Elizabeth				
9:30 AM							
10:00 AM	Power Yoga Elizabeth	Flow Yoga Capri	Power Yoga Elizabeth	Power Yoga Melanie	Power Yoga Elizabeth		
10:30 AM							
11:00 AM				Flow Yoga Melanie	Yin Yoga Elizabeth	Weekend Yoga Geri	
11:30 AM							
12:00 PM		Restorative Carrie		Restorative Carrie			
12:30 PM			Yin Yoga Michelle				
1:00 PM							
5:30 PM		Flow Yoga Geri					
6:00 PM							
6:30 PM							
	GROUP FITNESS						
5:00 AM							
5:30 AM	Bodyblast Tiffany	HIIT Gina	Kickbox Hybrid Gina		Bodyblast Tiffany		
6:00 AM							
6:30 AM							
8:00 AM	Core Power Sara	Strong & Sweaty Michelle		Strong & Sweaty Michelle			
8:30 AM			Cardio Circuit & Functional Training Kelley			DanceFIT Christi	Body Sculpt/TRX Alternate Kerry/Lisa
9:00 AM	HIIT Kelley	Fit At The Barre Michelle		Fit At The Barre Michelle	Bodyblast Interval Kelley		
9:30 AM						Chisel MaryAnn 9:45-11:00	
10:00 AM	Chisel MaryAnn	DanceFIT Christi	Zumba Melissa	Chisel MaryAnn	Step Kelley 10:00-10:45		
10:30 AM							
1:00 PM		Parkinson's Erica		Parkinson's Tami			
1:30 PM							
4:30 PM							
5:00 PM							
5:30 PM	Cardio Circuit Stacey 5:45pm-6:45pm	Muscle/TRX Stacey 5:45pm-6:45pm	HIIT Stacey 5:45pm-6:45pm				
6:00 PM							

♥ Heart Rate Based Class

updated 8/30/19

GROUP FITNESS CLASS DESCRIPTIONS

Class	Level	Description
Spinning		
Spin	All	Spinning burns a ton of calories while increasing strength & cardiovascular endurance! Work at your own level. Certain spinning classes may focus on strength, intervals, and/or fat burning.
Rhythm Ride	All	Ride to the beat of the music guided by your Instructor! You'll still work hard with different speeds and resistance levels through a variety of hill climbs, intervals, sprints, and endurance challenges. This class utilizes our Heart Rate Training Program to track your personal achievements!
Interval Spin	All	Constructed for all fitness levels that combines strength with speed! Intervals are strategically placed throughout the class for optimal fat burning! Ride all out, 100% effort through quick, intense intervals followed by short, active recovery periods. This class utilizes our Heart Rate Training Program to track your personal achievements.
Sculpt & Spin	All	A great classic spin class with a twist! Utilize weights to change up your routine and intensify your workout.
Rate Ride	All	Challenge yourself to keep your heart rate within your target zone. With great music and the group spinning as one, your instructor leads you on a journey of hill climbs, sprints, jump and jogs. In class you'll aim to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.
Zen		
Flow Yoga	All	Move through different postures and sequences linking breath to each movement. Creates energy & heat building flexibility & strength.
Restorative Yoga	All	This is a gentle, therapeutic style of Yoga that uses props to support the body to deepen the benefits of the poses. It is a soothing & nurturing practice that promotes the effects of conscious relaxation.
Yin Yoga	All	A deep stretch & relaxation practice that helps cultivate patience, increase flexibility & ease joint/ muscle pain.
Mat Pilates	All	A challenging core workout to help strengthen low back & abdominal muscles. Total body integration for overall muscle balance and control. Reduce injury and improve posture.
Yoga Nidra	All	Yoga Nidra or yogic sleep, is a state of consciousness between waking and sleeping. It is a state in which the body is completely relaxed, and one becomes increasingly aware of the inner world by following a set of verbal instructions. It is a state of deep relaxation that has many benefits, including stress reduction and increased nightly sleep. Anyone can practice Yoga Nidra and there is no wrong way to practice it.
Stretch	All	To increase flexibility by lengthening muscles and improving range of motion. Great for injury prevention & recovery! Great class for any level.
Power Yoga	Int/Adv	A flow yoga but faster-paced, with arm balances, core building exercises, and longer sequences.
Roll Aid	All	Foam rollers will aid you in rolling out those sore and tight muscles. Come relax and roll!
Group Fitness		
Kickbox Hybrid	All	High energy class combines elements of boxing drills, kicking and easy to follow combinations for a great upper and lower body challenge. It is advised that you please bring your own boxing gloves to class.
H.I.I.T.	Int/ Adv	Full on cardio drills and athletic training. Take your body to the next level of fitness with this class. Modifications for all participants are available.
Chisel	All	Jump start your workout with this innovative strength & fat burning workout using both body & weights. Focusing on technique while building muscle & endurance. Sure to challenge all fitness levels. New format will be done weekly to ensure fitness improvement & muscle variation. Come join the fun!
Fit at the Barre	All	A ballet inspired workout focusing on bodyweight movements to give you a dancer's body. Improves muscle tone and flexibility.
Cardio Circuit	All	Incorporate dumbbells, stability balls, BOSU and floor work! Timed bouts of higher heart rate training performed between weight training circuits.
Core Power	All	A core blasting class designed to not only burn calories, but strengthen abdominal and back muscles.
Zumba/DanceFIT	All	Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! Routines combine interval training with fast and slow rhythms, and resistance training to tone and sculpt your body while burning fat.
Bodyblast	All	A full hour dedicated to just your lower half. Shape and tighten your best assets with resistance training using all the tools we have to offer.
TRX+ Sculpt/Muscle	All	A combination of weight training and TRX exercises in this 60 minute strength class!
Strong & Sweaty	All	We lift heavy and overload those muscles!
Build, Balance & Burn	All	Class begins with endurance cardio circuits and finishes up with balance and functional training drills. Great core work!
Step	All	Using the step, we keep the heart rate up and get in some good endurance cardio.
Parkinson's	Specialty	A boxing class designed to help combat the effects of Parkinson's disease and increase strength, speed, and flexibility.