



# Class Schedule

| Time                 | Mon                            | Tue  | Wed   | Thu                                    | Fri                                  | Sat   | Sun                                  |
|----------------------|--------------------------------|--|---|--|--------------------------------------|---|--------------------------------------|
| <b>SPIN</b>          |                                |  |   |  |                                      |   |                                      |
| 5:30 AM              |                                | <b>Spin</b><br>Kerry                           |   | <b>Spin</b><br>Kerry                   | <b>Spin</b><br>Kristen               |   |                                      |
| 6:00 AM              |                                |  |   |  |                                      |   |                                      |
| 6:30 AM              |                                |  |   |  |                                      |   |                                      |
| 7:00 AM              |                                |  |   |  |                                      | <b>Spin</b><br>Kerry                        |                                      |
| 7:30 AM              |                                |  |   |  |                                      |   |                                      |
| 8:00 AM              |                                | <b>Interval</b><br>Sara                        |   | <b>Interval</b><br>Linda               |                                      |   | <b>Spin</b><br>Kerry                 |
| 8:30 AM              |                                |  |   |  |                                      | ♥ <b>Spin</b><br>Elena                      |                                      |
| 9:00 AM              | <b>Spin</b><br>Linda           |  | <b>Spin</b><br>Linda                                      |  | <b>Spin</b><br>Linda                 |   |                                      |
| 9:30 AM              |                                |  |   |  |                                      |   |                                      |
| 10:00 AM             |                                |  |   |  |                                      |   | <b>Rhythm Ride</b><br>♥ Natalie      |
| 10:30 AM             |                                |  |   |  |                                      |   |                                      |
| 5:30 PM              |                                | ♥ <b>Rate Ride</b><br>Natalie<br>5:45pm-6:45pm |   | <b>Sculpt &amp; Spin</b><br>Nancy      |                                      |   |                                      |
| 6:00 PM              |                                |  |   |  |                                      |   |                                      |
| <b>YOGA</b>          |                                |  |   |  |                                      |   |                                      |
| 8:00 AM              |                                | <b>Stretch</b><br>Elizabeth                    |   | <b>Stretch</b><br>Carrie               |                                      |   |                                      |
| 8:30 AM              |                                |  |   |  |                                      |   |                                      |
| 9:00 AM              | <b>Flow Yoga</b><br>Carrie     | <b>Flow Yoga</b><br>Elizabeth                  | <b>Flow Yoga</b><br>Elizabeth                             |  |                                      |   |                                      |
| 9:30 AM              |                                |  |   |  |                                      |   |                                      |
| 10:00 AM             | <b>Power Yoga</b><br>Elizabeth |  | <b>Power Yoga</b><br>Elizabeth                            | <b>Power Yoga</b><br>Tami              | <b>Power Yoga</b><br>Elizabeth       |   |                                      |
| 10:30 AM             |                                |  |   |  |                                      |   |                                      |
| 11:00 AM             | <b>Yin Yoga</b><br>Elizabeth   |  |   | <b>Flow Yoga</b><br>Tami               | <b>Yin Yoga</b><br>Elizabeth         | <b>Weekend Yoga</b><br>Geri                 |                                      |
| 11:30 AM             |                                |  | <b>Yin Yoga</b><br>Michelle                               |  |                                      |   |                                      |
| 12:00 PM             |                                | <b>Restorative</b><br>Carrie                   |   | <b>Restorative</b><br>Jenn             |                                      |   |                                      |
| 12:30 PM             |                                |  |   |  |                                      |   |                                      |
| 1:00 PM              |                                |  |   |  |                                      |   |                                      |
| 5:30 PM              |                                | <b>Flow Yoga</b><br>Geri                       |   |  |                                      |   |                                      |
| 6:00 PM              |                                |  |   |  |                                      |   |                                      |
| 6:30 PM              |                                |  |   |  |                                      |   |                                      |
| <b>GROUP FITNESS</b> |                                |  |   |  |                                      |   |                                      |
| 5:00 AM              |                                |  |   |  |                                      |   |                                      |
| 5:30 AM              | <b>Bodyblast</b><br>Janelle    | <b>HIIT</b><br>Gina                            | <b>Kickbox Hybrid</b><br>Gina                             |  | <b>Bodyblast</b><br>Janelle          |   |                                      |
| 6:00 AM              |                                |  |   |  |                                      |   |                                      |
| 6:30 AM              |                                |  |   |  |                                      |   |                                      |
| 8:00 AM              | <b>Core Power</b><br>Tom       | <b>Strong &amp; Sweaty</b><br>Michelle         |   | <b>Strong &amp; Sweaty</b><br>Michelle |                                      |   |                                      |
| 8:30 AM              |                                |  | <b>Cardio Circuit &amp; Functional Training</b><br>Kellev |  |                                      | <b>DanceFIT</b><br>Christi                  |                                      |
| 9:00 AM              | <b>HIIT</b><br>Kelley          | <b>Fit At The Barre</b><br>Michelle            |   | <b>Fit At The Barre</b><br>Michelle    | <b>Bodyblast Interval</b><br>Kelley  |   | <b>Body Sculpt/TRX</b><br>Kerry/Lisa |
| 9:30 AM              |                                |  |   |  |                                      |   |                                      |
| 10:00 AM             | <b>Chisel</b><br>MaryAnn       | <b>Zumba</b><br>Melissa                        |   | <b>Chisel</b><br>MaryAnn               | <b>Step</b><br>Kelley<br>10:00-10:45 | <b>Chisel</b><br>MaryAnn<br>10 am - 11:15am |                                      |
| 10:30 AM             |                                |  |   |  |                                      |   |                                      |
| 1:00 PM              |                                | <b>Parkinson's</b><br>Tami                     |   | <b>Parkinson's</b><br>Tami             |                                      |   |                                      |
| 1:30 PM              |                                |  |   |  |                                      |   |                                      |
| 4:30 PM              |                                |  |   |  |                                      |   |                                      |
| 5:00 PM              |                                |  |   |  |                                      |   |                                      |
| 5:30 PM              | <b>Muscle/TRX</b><br>Stacey    |  | <b>Cardio Circuit</b><br>Stacey                           |  |                                      |   |                                      |
| 6:00 PM              | 5:45pm-6:45pm                  |  | 5:45pm-6:45pm   |  |                                      |   |                                      |

♥ Heart Rate Based Class

updated 3/7/20

## GROUP FITNESS CLASS DESCRIPTIONS

| Class                      | Level     | Description   |
|----------------------------|-----------|---|
| <b>Spinning</b>            |           |   |
| <b>Spin</b>                | 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.   |
| <b>Rhythm Ride</b>         | 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!  |
| <b>Interval Spin</b>       | 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.            |
| <b>Sculpt &amp; Spin</b>   | All       | A great classic spin class with a twist! Utilize weights to change up your routine and intensify your workout.  |
| <b>Rate Ride</b>           | 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. |
| <b>Zen</b>                 |           |   |
| <b>Flow Yoga</b>           | All       | Move through different postures and sequences linking breath to each movement. Creates energy & heat building flexibility & strength.   |
| <b>Restorative Yoga</b>    | 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.   |
| <b>Yin Yoga</b>            | All       | A deep stretch & relaxation practice that helps cultivate patience, increase flexibility & ease joint/ muscle pain.   |
| <b>Stretch</b>             | All       | To increase flexibility by lengthening muscles and improving range of motion. Great for injury prevention & recovery! Great class for any level.  |
| <b>Power Yoga</b>          | Int/Adv   | A flow yoga but faster-paced, with arm balances, core building exercises, and longer sequences.   |
| <b>Group Fitness</b>       |           |   |
| <b>Kickbox Hybrid</b>      | 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.  |
| <b>H.I.I.T.</b>            | 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.   |
| <b>Chisel</b>              | 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!   |
| <b>Fit at the Barre</b>    | All       | A ballet inspired workout focusing on bodyweight movements to give you a dancer's body. Improves muscle tone and flexibility.   |
| <b>Cardio Circuit</b>      | All       | Incorporate dumbbells, stability balls, BOSU and floor work! Timed bouts of higher heart rate training performed between weight training circuits.  |
| <b>Core Power</b>          | All       | A core blasting class designed to not only burn calories, but strengthen abdominal and back muscles.  |
| <b>Zumba/DanceFIT</b>      | 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.   |
| <b>Bodyblast</b>           | 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.  |
| <b>TRX+ Sculpt/Muscle</b>  | All       | A combination of weight training and TRX exercises in this 60 minute strength class!  |
| <b>Strong &amp; Sweaty</b> | All       | We lift heavy and overload those muscles!   |
| <b>Functional Training</b> | All       | Class begins with endurance cardio circuits and finishes up with balance and functional training drills. Great core work!   |
| <b>Step</b>                | All       | Using the step, we keep the heart rate up and get in some good endurance cardio.  |
| <b>Parkinson's</b>         | Specialty | A boxing class designed to help combat the effects of Parkinson's disease and increase strength, speed, and flexibility.  |