



GROUP STRENGTH & CARDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	Total Conditioning Lisa	Metabolic Burn Tiffany	H.I.I.T. IT Lisa		Body Sculpt Lisa	
8:30 am	Tabata GX® Nicolle	Build n' Boogie Karen		Build n' Boogie Karen	Body Blast! Nicolle	ZUMBA®* Elizabeth
9:00 am						Master Class
9:35 am		REFIT® Delilah				
10:00 am				ZUMBA GOLD® Elizabeth		
12:00 pm	REFIT® Delilah	High Fitness® Sadie		Bars N Bands Liz		
4:30 pm	Muscle Xtreme Malena	Bars N Bands Liz	Muscle Xtreme Malena	High Fitness® Sadie		
5:30 pm	FUNctional Fitness Meg Mixxed Fit®* Belinda*		PiYo Meg	REFIT® Delilah		
6:30 pm		ZUMBA®* Elizabeth		ZUMBA®* Elizabeth		
7:00 pm		Zumba Step® Sunflower		Strong Nation™ Belinda		

All Group Strength & Cardio classes are held in the UPSTAIRS studio unless marked with an *

INDOOR GROUP CYCLING

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am			Tiffany (45 min)		Shawn	
6:00 am	Shawn					
8:00 am						Master Class
8:30 am				Silver Cycling Liz		
12:15 pm			Barbara			




All group cycling classes are held in the Indoor Cycling Studio

MIND/BODY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am			Yoga Jenny		Yoga Jenny	
9:35 am	Alignment & Vinyasa Barbara-75 min		Pilates, Stretch & Restorative Barbara		Alignment & Vinyasa Barbara-75 min	
9:45 am						Master Class*
5:45pm		Yoga Carolee				

All Mind/Body classes are held in the UPSTAIRS studio unless marked with an *

AQUATIC EXERCISE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 am	SilverSplash®  Abby	Aqua Circuit Abby	SilverSplash®  Abby	Aqua Interval Abby	SilverSplash®  Abby	
8:15 am	Aqua Interval Abby		Aqua Endurance Abby		Aqua Circuit Abby	
11:00 am	Aquanastics Barbara	Aqua Zumba® Elizabeth	Aquanastics Barbara	Aqua Zumba® Elizabeth	Aquanastics Barbara	
5:30 pm			Aqua Zumba® Elizabeth			

CLASS DESCRIPTIONS

Aqua Circuit- Increase your aerobic endurance, muscular strength and core stability while exercising to music. This class emphasizes proper form and posture while alternating between aerobic periods (3-4 minutes) and strength periods (1-2 minutes) using aqua bells. It ends with a wonderful stretch to increase flexibility.

Aqua Endurance- Moving to music, increase your aerobic endurance, strength and core. The use of resistance equipment will enhance your overall fitness level while keeping joints safe with low-to-no impact movements. Finally, enjoy Pilates stretching to round out this total body workout.

Aqua Interval- (HIIT) Alternate short periods of intense exercise with less-intense recovery periods using music. The buoyant properties of water allow you to work at a higher level with less impact on your body. You have the option of using noodles and aqua bells in your warm down finishing with stretching for an exhilarating workout.

Aquanastics- Combine the buoyant properties of water with movements from Yoga, Pilates, weightlifting and calisthenics with and without noodles, aqua bells, boards and weights to increase strength and range of motion.

Aqua Zumba- Take the dance party to the pool with the fun of Latin music of Zumba and the added resistance of water. Water shoes or socks highly recommended.

Bars N Bells- Offset your cardio with this classic barbell class.

Body Blast!- Come blast your body with us in this cardio/strength interval training class. This class is always different utilizing multiple class formats from H.I.T.T. to occasional step aerobics to keep your body guessing!

Body Sculpt- Build, sculpt and define lean muscle with intense isolation exercises using free weights, bar bells and bands.

Build n' Boogie- Come have the time of your life as we BUILD muscle and BOOGIE to today's greatest hits.

FUNctional Fitness- Focus on functional fitness in this boot camp style class.

High Fitness- Get a high caloric burn in this fun, hardcore fitness class incorporating interval training and easy to follow choreography to pop music that can be modified to meet individual needs in motivating and energetic atmosphere.

H.I.I.T. & Climb- Train with high intensity but low impact. Research shows that low-impact interval cycling can achieve similar results to weight-bearing HIIT. This cycling workout allows anyone to push their limits in a safe environment with no impact on the joints. Come join the fun and work hard at the pace that works for you!

H.I.I.T. IT- Burn more calories in this full body workout of interval training sequences. Walk away feeling strong.

Indoor Cycling- Raise your heart rate in this indoor cycling class that will challenge any fitness enthusiast.

Master Classes- Attend one or more of our Saturday workouts: 8:00 am Indoor Group Cycling, 9:00 am Group X and 9:45 am Yoga. The cardio master class is instructor's choice and the format changes weekly.

Mixed Fit- Combine explosive dancing with body weight toning.

Muscle Xtreme- Build strength utilizing a variety of exercise equipment and variations in intensity and resistance.

Pilates- Leave longer and stronger after this mat-based class of slow, controlled movements working your core.

Pilates, Stretch and Restorative Yoga- Warm up and strengthen with Pilates core exercises, get in a great stretch and end with Restorative Yoga poses. Restorative Yoga uses props to support the body instead of muscular strength so muscles can rest and relax more deeply.

PiYo® Like H.I.T.T? Try this Pilates form of H.I.T.T.

REFIT®-Leave smiling after completing this total body workout. With powerful moves and positive music, you'll discover an inspiring workout that changes your body, mind and soul. This cardio-focused class is effective and FUN—perfect for beginners and challenging for fitness enthusiasts (Which means it's a workout designed for everybody!).

Ride in 45- Come willing to work and have fun in this 45 minute energizing spin class fueled by great music and variations in resistance and mixed terrain.

Get RIPPED- Work all muscle groups using lunges, squats, deadlifts and more in this choreographed barbell class. This class is guaranteed to burn calories, build and tone muscle and shred fat.

RIPPED EXTREME- Use different types of exercise equipment with varying degrees of intensity and resistance.

Silver Cycling- Ride at a slower pace in this indoor group cycling class that incorporates weights, bands and balls.

SilverSneakers® Splash- Increase strength and endurance in this fun, shallow-water exercise class using a signature splash-board. Splash is suitable for all skill levels and is safe for non-swimmers.

Tabata GX®. Utilize multiple HIIT training protocols and timing strategies for variety and optimal success. "The workout

Strong Nation™- Combine body weight, muscle conditioning, cardio and plyometric moves synced to music designed to specifically match each movement.

Tone 'n Step- Get fit fast pairing light to moderate weights with the right amount of cardio in this full body workout.

Yoga: Alignment & Vinyasa- Combine principles of Iyengar Yoga, Viniyoga and Vinyasa for an individualized alignment-based practice.

Yoga- Improve your range of motion (balanced flexibility and strength), balance and mind-body integration.

Zumba®- Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy to follow, Latin-inspired, calorie burning dance fitness-party. It's exercise in disguise.

Zumba Gold®- Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy to follow, Latin-inspired, calorie burning dance fitness-party geared for seniors. It's exercise in disguise.

Zumba Step®- Combine the awesome toning and strengthening power of step aerobics in this Zumba class that combines Latin and international music in a fun and effective workout.