



**GROUP FITNESS SCHEDULE**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:45am-6:30am <b>Spin N' Sculpt</b> <i>Mandi</i>		5:45am-6:30am <b>Spin</b> <i>Mandi</i>		
	6:00am-6:45am <b>Body Pump</b> <i>Karen</i>	6:00am-6:45am <b>HIIT</b> <i>Karen</i>	6:00am-6:45am <b>Boot Camp</b> <i>Haley</i>	6:00am-6:45am <b>Step Strength</b> <i>Karen</i>	6:00am-6:45am <b>Chisel</b> <i>Mandi</i>	8:00am-8:55am <b>Body Pump</b> <i>Toni</i>
8:30am-9:15am <b>Spin</b> <i>McKenzie</i>	8:30am-9:15am <b>Spin</b> <i>Mary</i>	8:45am-9:25am <b>Tone N' Core</b> <i>Heather</i>	8:45am-9:15am <b>Spin X'Press</b> <i>Mary</i>	8:45am-9:30am <b>Pilates Strength</b> <i>Heather</i>	8:30am-9:15am <b>Spin</b> <i>Debbie</i>	8:15am-9:00am <b>Spin</b> <i>Erin/Connie</i>
8:45am-10:00am <b>Tabata</b> <i>Debbie</i>	9:30am-10:30am <b>X-Training</b> <i>Mary</i>	9:30am-10:30am <b>Zumba Toning</b> <i>Chrissy</i>	9:30am-10:30am <b>Body Pump</b> <i>Mary</i>	9:30am-10:30am <b>ABC</b> <i>Debbie</i>	9:30am-10:30am <b>Boot Camp</b> <i>Mary</i>	9:00am-9:55am <b>HIIT</b> <i>Nicole</i>
10:00-11:00am <b>Vinyasa Yoga</b> <i>Zahir</i>	10:45am-11:30am <b>Silver Sneakers Classic</b> <i>Chrissy</i>	10:45am-11:30am <b>Zumba Gold</b> <i>Chrissy</i>	10:45am-11:30am <b>Silver Sneakers Classic</b> <i>Mary</i>	10:45am-11:30am <b>Silver Sneakers Classic</b> <i>Heather</i>	10:45am-11:30am <b>Silver Sneakers Classic</b> <i>Brian</i>	10:00am-10:55am <b>Power Pilates</b> <i>Jackie</i>
	4:30pm-5:25pm <b>Body Bar</b> <i>Debbie</i>	4:30pm-5:25pm <b>ABC</b> <i>Jackie</i>				
	5:30pm-6:15pm <b>Spin</b> <i>Debbie</i>	5:30pm-6:15pm <b>TRX Circuit</b> <i>Toni</i>	5:30pm-6:20pm <b>Kickboxing</b> <i>Connie</i>	5:30pm-6:25pm <b>Body Pump X'Press</b> <i>Toni</i>		
	5:30pm-6:25pm <b>Zumba</b> <i>Connie</i>	5:30pm-6:25pm <b>Step Strength</b> <i>Nicole</i>	5:45pm-6:30pm <b>Spin</b> <i>Bridgette</i>			
	6:30pm-7:15pm <b>Body Works</b> <i>Connie</i>	6:30pm-7:15pm <b>Body Pump Express</b> <i>Toni</i>	6:30pm-7:15pm <b>Zumba</b> <i>Connie</i>	6:30pm-7:15pm <b>Pilates</b> <i>Haley</i>		
			6:30pm-7:30pm <b>Power Yoga</b> <i>Kathy</i>			

## CLASS DESCRIPTIONS

**ABC (Absolute Body Conditioning)**- Maximize your workout with this incredible combination of cardio and strength work done in shorter but more efficient intervals. Hi/Lo, kick boxing, step, etc....

**BODY WORKS:** A class mixed with quick intense bursts of exercise followed by active recovery periods. This type of training gets your heart rate up while improving on muscle tone and fat loss. As total body exercise focusing on strength, balance and posture.

**BODY BAR**-Total use of the Body Bar makes the one hour class an amazing challenge. Rhythmic moves to sculpt your entire body with only a bar and great music.

**BODY PUMP®**- Group barbell class that challenges every major muscle in your body. High repetition boosts your endurance and speeds up your metabolism for rapid fat burning, enhancing confidence and well being.

**BOOT CAMP**- Develop speed, endurance, agility, and coordination with a series of drills and exercises. Instructor may include the indoor running track, outdoor spaces, balls, benches, etc...

**CHISEL**- Full top and bottom work out for those who want to improve their strength as well as flexibility. Use of bars, stability balls, weights, resistance bands, etc.. A great class for those just starting their fitness regime.

**HIIT- High Intensity Interval Training** - is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time!

**KICKBOXING**- Burn body fat and lose inches through punching and kicking techniques. A great class for those looking to enhance their power, strength, and coordination.

**PILATES** - Make the mind, body, and spirit connection! Create balance, symmetry, strength, and flexibility throughout every muscle. Bands and free weights add to this amazing class.

**PILATES STRENGTH** – Pilates that focuses on inner core while sculpting long, lean muscles.

**POWER PILATES** – Pilates that includes resistance training.

**Silver Sneakers® CLASSIC**- A variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is available if needed for seated or standing support.

**SPIN**- Experience the ultimate indoor cycling journey for cardio conditioning. Work at your own level while being motivated by your instructor. Typical spin class is 45 min. to 60 min.

**SPIN X'PRESS**- A half hour ride is all you need to get a great cardio workout. Your instructor will take you from hills, to sprint, to jumps and climbs, all in 30 minutes!

**SPIN N'SCULPT**- A great combo class for those who want to double the benefits of their spin training. This class incorporates the use of free weights in conjunction with cardio intervals.

**RACE DAY SPIN**-This class is going to work you within the parameters of maximum heart rate. Resistance can range from intense climbs to challenging flats.

**STEP STRENGTH**- Exactly what the name implies- the challenge of step with weight work.

**STEP/CARDIO BLAST**-Back to back intervals of step and floor work to challenge your cardiovascular system. 90 seconds of step paired with 90 seconds of intense floor work. A final challenge at the end comes with a bit of upper body and core work.

**TABATA**- A high-intensity training regimen which includes intense cycles of interval training for 20 seconds followed by 10 seconds of rest, repeated, without pause 8 times for a total of four minutes.

**TONE N' CORE** – Build strength, add definition, decrease body fat and increase lean muscle! Use a variety of weight training equipment to change the shape of your body – no muscles neglected!

**TRX Circuit**-Participants will all begin on a SPIN bike for a 10-12 min. warm up and short ride. Then challenge your workout by moving through high intensity, powerful stations of work which include TRX Suspension Straps, Kettles, Medicine Balls, Risers, free weights, and more time on the spin bike. Guaranteed to keep your heartbeat pumping while burning major calories all while you are engaged in intense body conditioning.

**X-TRAINING**- The concept is simple- three 20 minute segments put together to give you the best of both worlds– cardio and strength training. Cardio segments may include step, spin, floor aerobics and jump ropes.

**POWER YOGA**- Focuses on breathing techniques while moving through a series of postures. Postures may be different from class to class but always follows an intelligent progression that moves from basic to complex with emphasis on strength and flexibility

**VINYASA YOGA**- A series of poses linked together by the power of breath. This class will challenge you and leave you feeling revitalized

**ZUMBA®** – A fitness program inspired by Latin music and dance moves such as the Cha-Cha, Salsa, Mambo, Calypso, Belly Dance, and Rock & Roll thrown in for good measure. Come join the party!

**ZUMBA® GOLD**- Was designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. Zumba Gold is done at a much lower intensity.

**ZUMBA® TONING**- Use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs.

\*\*\*New to group fitness classes or returning after some time off? Don't worry! ALL CLASSES will show modifications so that all participants can be successful! Please be sure to let your instructor know if you are taking your first group fitness class or if it is your time first time with a class format!