

GROUP FITNESS SCHEDULE



MON	TUES	WED	THURS	FRI
TIME/STUDIO/CLASS	TIME/STUDIO/CLASS	TIME/STUDIO/CLASS	TIME/STUDIO/CLASS	TIME/STUDIO/CLASS
STRENGTH 5:30am Studio One with Lisa	SHRED 5:10am Studio One/MP with Eric	STRENGTH 5:10am Studio One with Stephanie	SHRED 5:10am Studio One/MP with Eric	CYCLE 6:00am Cycle Studio with Toni
CORE & MORE 8:00am Studio One with Jackie	STRONG BY ZUMBA 6:00am Studio One with Katie	CYCLE 6:00am Cycling Studio with Amanda	STRENGTH 9:00am Studio One with Cathy	YOGA 8:15am Mind Body Studio with Mandy
BASIC STEP & STRENGTH 9:00am Studio One with Michelle	STRENGTH 9:00am Studio One with Dan	YOGA 8:15am Mind Body Studio with Stephanie	AOA CIRCUIT 10:00am Studio One with Sarah	STEP 9:00am Studio One with Alissa
YOGA 9:00am Mind Body Studio with Mandy	CYCLE 9:15am Cycling Studio with Alissa	BOSU CORE & MORE 9:00am Studio One with Taeler	YOGA 11:00am Mind Body Studio with Amy X.	CYCLE 12:00pm Cycle Studio with Jamie
GENTLE YOGA 10:15am Studio One with Nichelle	AOA CIRCUIT 10:00am Studio One with Sheila	LIVING STRONG 10:00am Studio One with Sheila	STRENGTH 12:00pm Studio One with Devin	SHRED 4:30pm Studio One/MP with Becky
CYCLE 12:00pm Cycling Studio with Jodi	YOGA 11:00am Mind Body Studio with Amy X.	YOGA 12:00pm Mind Body Studio with Jackie S.	CARDIO KICKBOXING 4:30pm MP Studio with Kari	DANCE FITNESS 5:30pm Studio One Instructor Varies (every 1st & 3rd Friday)
YOGA 12:00pm Mind Body Studio with Stephanie	STRENGTH 12:00pm Studio One with Amanda	STRONG BY ZUMBA 12:00pm MP Studio with Billie	ZUMBA 5:30pm Studio One with Jenny	BIKER CHICKS 5:30pm Cycle Studio Instructor Varies (every 2nd & 4th Friday)
IN A MINUTE 4:30pm MP Studio with Kari	STEP 4:30pm Studio One with Jamie	IN A MINUTE 4:30pm Studio One with Jessie		
ZUMBA 5:30pm MP Studio with Kari	CYCLE 5:30pm Cycle Studio with Jamie	YOGA 5:30pm Mind Body Studio with Sara		SATURDAYS 8:00am - Cardio Mix 9:00am - Strength 10:00am - Yoga
PILATES 5:30pm Mind Body Studio with Rita	YIN YOGA 5:30pm Mind Body Studio with Nichelle	SHRED 5:30pm Studio One with Lisa		SUNDAYS 9:00am Cycling Theme Ride (first Sunday of each month) 1:00pm - Sunday Snippet
	ZUMBA 5:45pm Studio One with Keith			*please see separate schedule for full weekend details



- 30 Minute Class
- 50 Minute Class
- 45 Minute Class
- 60 Minute Class

Check separate schedules for weekends, demos, TRX, Indo-Row, Shockwave, & additional classes.

GROUP FITNESS CLASSES

CLASS DESCRIPTIONS



Active Older Adults - this class is for you! This class focuses on strength and balance.



Sorry guys, this cycling party is just for the ladies! Sign up at the front desk required.



Strengthen your midsection as you improve your body's overall balance, function, and flexibility adding the BOSU Balance Trainer and other pieces of equipment.



Every Saturday we feature an instructor's choice of cardio workout! Classes are listed in advance on our website and separate monthly calendar.



Fun, motivating, and full of energy! Combination kickboxing moves put to hard-hitting music!



Intense cardio workout for any level. Come experience the lights and sounds of our state-of-the-art cycling studio! *Sign up at front desk 30 minutes prior to class*



Have fun and sweat it out! From Zumba to Hip Hop - check the monthly calendar for details! Classes are 1st and 3rd Fridays every month.



Highly instructional, modified poses, slower flow. Chairs and other props are utilized to help with balance.



You can do anything for a minute! Complete every exercise for one minute. Strength endurance at its best!



This class is designed to take you through a series of low-impact exercises that help you stay strong, mobile, and active for everyday life.



Basic principles for optimum alignment of the spine with beginning to intermediate mat classes. Achieve total body balance and strength or the core with controlled pace and focus breathing.



High intensity intervals, plyometrics, and power. How hard can you push yourself? This is just the class to find out! Step outside your comfort zone!



A class focusing on just step - from start to finish. Your basic step class is slower paced and less choreographed than your regular step class.



Learn a choreographed routine on the step plus additional strength training utilizing a variety of equipment on and off the step.



Get out of the weight room rut! This class has components of endurance and strength for a well-planned workout.



Strong by Zumba may have the Zumba name, but a dance class it is not! This is a HIIT class with strength and conditioning moves driven by the science of Synced Music Motivation.



A total body class fusing breath with movement. Yoga is an ancient practice of balancing the body. These practices will balance strength and flexibility, external focus and internal awareness.



Basic yoga poses held for longer intervals. Back bends, hip openers, and leg stretches with a focus on fascia and connective tissues of the low back, hip, and knees.



Experience the world's largest Latin inspired fitness program! Zumba is an effective way to burn calories without watching the clock. No dance background necessary!