

# GROUP FITNESS SCHEDULE

| MON   | TUES   | WED   | THURS  | FRI   |
|---|--|---|--|---|
| TIME/STUDIO/CLASS   | TIME/STUDIO/CLASS  | TIME/STUDIO/CLASS   | TIME/STUDIO/CLASS  | TIME/STUDIO/CLASS   |
| <b>STRENGTH</b><br>5:30am<br>Studio One<br>with Lisa                      | <b>SHRED</b><br>5:10am<br>Studio One/MP<br>with Eric           | <b>STRENGTH</b><br>5:10am<br>Studio One<br>with Devin               | <b>SHRED</b><br>5:10am<br>Studio One/MP<br>with Eric         | <b>CYCLE</b><br>6:00am<br>Cycle Studio<br>with Toni   |
| <b>CORE &amp; MORE</b><br>8:00am<br>Studio One<br>with Jackie             | <b>STRONG BY ZUMBA</b><br>6:00am<br>MP Studio<br>with Katie    | <b>CYCLE</b><br>6:00am<br>Cycling Studio<br>with Amanda             | <b>STRENGTH</b><br>9:00am<br>Studio One<br>with Cathy        | <b>YOGA</b><br>8:15am<br>Mind Body Studio<br>with Mandy   |
| <b>BASIC STEP &amp; STRENGTH</b><br>9:00am<br>Studio One<br>with Michelle | <b>STRENGTH</b><br>9:00am<br>Studio One<br>with Dan            | <b>STRONG BY ZUMBA</b><br>8:00am<br>MP Studio<br>with Taeler        | <b>AOA CIRCUIT</b><br>10:00am<br>Studio One<br>with Sarah    | <b>STEP</b><br>9:00am<br>Studio One<br>with Alissa  |
| <b>YOGA</b><br>9:00am<br>Mind Body Studio<br>with Mandy                   | <b>CYCLE</b><br>9:15am<br>Cycling Studio<br>with Alissa        | <b>YOGA</b><br>8:15am<br>Mind Body Studio<br>with Stephanie         | <b>YOGA</b><br>11:00am<br>Mind Body Studio<br>with Amy X.    | <b>STRONG BY ZUMBA</b><br>11:00am<br>MP Studio<br>with Kari   |
| <b>GENTLE YOGA</b><br>10:15am<br>Studio One<br>with Nichelle              | <b>AOA CIRCUIT</b><br>10:00am<br>Studio One<br>with Sheila     | <b>BOSU® CORE &amp; MORE</b><br>9:00am<br>Studio One<br>with Taeler | <b>STRENGTH</b><br>12:00pm<br>Studio One<br>with Devin       | <b>CYCLE</b><br>12:00pm<br>Cycle Studio<br>with Jamie   |
| <b>CYCLE</b><br>12:00pm<br>Cycling Studio<br>with Jodi                    | <b>YOGA</b><br>11:00am<br>Mind Body Studio<br>with Amy X.      | <b>LIVING STRONG</b><br>10:00am<br>Studio One<br>with Sheila        | <b>CARDIO KICKBOXING</b><br>4:30pm<br>MP Studio<br>with Kari | <b>SHRED</b><br>4:30pm<br>Studio One/MP<br>with Becky   |
| <b>YOGA</b><br>12:00pm<br>Mind Body Studio<br>with Stephanie              | <b>STRENGTH</b><br>12:00pm<br>Studio One<br>with Amanda        | <b>YOGA</b><br>12:00pm<br>Mind Body Studio<br>with Jackie S.        | <b>ZUMBA</b><br>5:30pm<br>Studio One<br>with Jenny           | <b>DANCE FITNESS</b><br>5:30pm<br>Studio One<br>Instructor Varies<br>(every 1st & 3rd Friday)                                 |
| <b>IN A MINUTE</b><br>4:30pm<br>MP Studio<br>with Kari                    | <b>STEP</b><br>4:30pm<br>Studio One<br>with Jamie              | <b>STRONG BY ZUMBA</b><br>12:00pm<br>MP Studio<br>with Billie       |  | <b>BIKER CHICKS</b><br>5:30pm<br>Cycle Studio<br>Instructor Varies<br>(every 2nd & 4th Friday)                                |
| <b>ZUMBA</b><br>5:30pm<br>MP Studio<br>with Kari                          | <b>CYCLE</b><br>5:30pm<br>Cycle Studio<br>with Jamie           | <b>IN A MINUTE</b><br>4:30pm<br>Studio One<br>with Jessie           |  |   |
| <b>PILATES</b><br>5:30pm<br>Mind Body Studio<br>with Rita                 | <b>YIN YOGA</b><br>5:30pm<br>Mind Body Studio<br>with Nichelle | <b>YOGA</b><br>5:30pm<br>Mind Body Studio<br>with Sara              |  | <b>SATURDAYS</b><br>8:00am - Cardio Mix<br>9:00am - Strength<br>10:00am - Yoga  |
| <b>STRONG BY ZUMBA</b><br>6:15pm<br>MP Studio<br>Instructor Varies        | <b>ZUMBA</b><br>5:45pm<br>Studio One<br>with Keith             | <b>SHRED</b><br>5:30pm<br>Studio One<br>with Lisa                   |  | <b>NEW IN 2018!</b><br><b>SUNDAYS</b><br>9:00am Cycling Theme Ride<br>(first Sunday of each month)<br>1:00pm - Sunday Snippet |

▲ 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!



Revolutionary cardio-based, total-body conditioning program. Requires no equipment, is easy to learn, and an amazing challenge. Class is either 30 or 50 minutes. All classes are taught by INSANITY certified instructors.



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!