

# 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 Nichelle                                  |
| 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 Sheila | YOGA 11:00am Mind Body Studio with Amy X.    | STRONG BY ZUMBA 11:00am Studio One with Erin                                |
| 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       | CYCLE 12:00pm Cycle Studio with Jamie                                       |
| 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 | SHRED 4:30pm Studio One/MP with Becky                                       |
| YOGA 12:00pm Mind Body Studio with Stephanie          | STRENGTH 12:00pm Studio One with Devin         | STRONG BY ZUMBA 12:00pm Studio One with Dan    | 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 Jane            | YOGA 5:30pm Mind Body Studio with Hailey       |  |   |
| PILATES 5:30pm Mind Body Studio with Rita             | YIN YOGA 5:30pm Mind Body Studio with Nichelle | SHRED 5:30pm Studio One with Lisa              |  |   |
| STRONG BY ZUMBA 6:15pm Studio One with Erin           |  |  |  |   |

- 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\*



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!