



Group Fitness Schedule

TRX® ···TRX Suspension Training is a class using the TRX Suspension Trainer, where the user’s hands or feet are supported by an anchor point, while the opposite end of the body is in contact with the ground. It trains strength, endurance, balance, coordination, flexibility, power and core stability all at once and across a wide range of resistance. The repertoire of unlimited, versatile exercises are geared to men and women of all fitness levels. This is the very definition of functional training. • **Reserve your spot up to 60 minutes before class.**

Tread & Shred ···This is not your run-of-the-mill treadmill class. Take your workout to the next level with this total body, high intensity combo of treadmill intervals and strength training. Walk, run, climb, strengthen and leave fitter, faster and feeling great. You need not be a runner to participate. • **Reserve your spot up to 60 minutes before class.**

Turbo Kick® ···Burn calories and blast fat! Turbo Kick mixes kickboxing and simple dance moves with music that produces results! Each total body workout consists of a sport specific warm-up, high intensity intervals, easy to follow combinations and kickboxing specific strength/endurance training designed to maximize weight loss.

Vinyasa Flow Yoga ···This dynamic and physically demanding style of yoga is energetic and heating, as it flows from one pose to the next. Great for building stamina and strength. Experience meditation through movement. Prior experience suggested but not required.

WERQ™ ···WERQ is the fiercely fun dance fitness workout class based on pop, rock and hip-hop music taught by certified fitness professionals. The signature WERQ warm-up previews the dance steps used in class and the signature WERQ cool-down includes balance and yoga inspired poses. This non-stop cardio class is designed to challenge students physically with achievable dance movements for all skill levels. Are you ready to WERQ?

Yin Yoga ···Yin Yoga focuses on the connective tissue (yin) rather than muscle (yang). Poses are held for long periods of time. Blocks and straps are used to accomplish the proper stretching of connective tissue and increase flexibility of the joints.

Yoga (Multi-Level) ···This class allows for a variety of experience levels from beginner to advanced. The instructor challenges the skill level of each participant. Students are encouraged to work at their own pace and build their yoga practice slowly over time. No prior experience required.

Yoga Sculpt ···Yoga Sculpt is a modern form of yoga that combines Vinyasa Yoga, strength training, cardiovascular fitness and core work. This yoga class uses weights to strengthen the practice, while helping tone and shape the body. Burn calories, build stamina, increase strength and flexibility and increase lean muscle mass.

Zumba® ···Are you ready to party yourself into shape? That’s exactly what the Zumba class is all about. It’s an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that’s moving millions of people toward joy and health.



Group Fitness Schedule

Effective January 2, 2018

Class Descriptions

Ballet Burn ···Raise the bar on your workout. Ballet Burn is a results driven fitness class utilizing hand weights and ballet based movement to create lean lines and improve flexibility and posture. No experience, or barre needed.

Barre ···Designed to effectively strengthen, tone and balance the entire body, these are fat burning workouts that integrate the use of the ballet barre and various props. Each class includes several highly effective sequences of toning and resistance exercises with an emphasis on the core, arms and lower body. These are challenging, no impact classes that produce maximum results.

Barre BURN ···High-intensity, endurance driven, low impact exercises designed to strengthen, tone and balance the entire body. Through resistance and repetition, these are fat burning workouts that integrate the use of the ballet barre and various equipment. Each class includes several highly effective sequences of toning and resistance exercises with an emphasis on the core, arms and lower body.

BODYPUMP™ ···BODYPUMP is one of the world’s fastest ways to get in shape. Great bodies aren’t born, they are transformed, using the proven formula: THE REP EFFECT, a breakthrough in resistance training. Focusing on low weight loads and high repetitions, burn fat and calories, gain strength and quickly produce lean body muscle. • **Reserve your spot up to 60 minutes before class.**

Boxing Challenge ···Learn proper and authentic boxing techniques, punches and footwork. Use authentic equipment: hand wraps, boxing gloves, focus pads and sometimes heavy bags. Sharpen your movements and gain self confidence. No boxing experience necessary. Advanced boxing drills can be provided for more experienced participants.

CXWORX™ ···Six tracks to a six pack. Looking for a short, sharp workout that’ll inspire you to the next level of fitness, while strengthening and toning your body? CXWORX is for you! CXWORX really hones in on the torso and sling muscles that connect your upper body to your lower body. It’s ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

GRIT™ Cardio ···LES MILLS GRIT Cardio is a high-impact, high intensity, high energy cardio workout like nothing else. Designed to burn fat and rapidly improve athletic capability, this explosive, 30-minute workout combines body weight exercises and uses no equipment.

GRIT™ Strength ···Using barbell, weight plate and body weight exercises, LES MILLS GRIT Strength is an intense 30-minute team training workout that will blast all major muscle groups and take your strength into another zone.

Hard Core ···This class is centered around muscles in the back, abs and glutes. Engage in the newest and safest techniques to improve core strength and general functionality. All levels welcome.

Hatha Yoga ···Hatha Yoga refers to any type of yoga involving physical postures, or asanas. Hatha Yoga balances mind and body using poses and controlled breathing, while teaching poise, balance and strength. When the term Hatha is used to describe a class it implies a basic and slow moving class that focuses on alignment and structure.

HIIT ···High Intensity Interval Training (HIIT) is cardio training where short, very high intensity intervals are combined with longer, slower intervals to recover. Increase metabolism, muscle mass and performance, and burn fat using a variety of equipment or just your own body weight.

Live DJ Spin® ···A DJ mixes music seamlessly with the instructor’s cues and the spinning format to create a truly interactive experience. A unique and exciting ride that’s always different. • **Reserve your spot up to 60 minutes before class.**

Pilates Mat ···Strengthen, stretch and lengthen your muscles while improving posture and reducing stress and tension. Whether you are a beginner or have participated in many Pilates Mat classes, this class is structured for you. Instructors are prepared to challenge the skill level of each person and will give direction and modifications to ensure that you can work with what feels best.

Spinning® ···An indoor cycling class that is physically as well as mentally challenging. The instructor leads a journey of workout phases, including warm-up, steady uptempo cadences, sprints, climbs, warm-down and stretches. Each individual controls the intensity by adjustments made to the bike. • **Reserve your spot up to 60 minutes before class.**

Studio Strength ···Improve muscle tone and strength and increase your rate of calorie burn. Inspired by the latest training trends this class may use any combination of weights, balls, bands or tubes for the ultimate strength training experience. Working multiple muscle groups simultaneously, it’s an intense total body workout designed to define every muscle in every way in a group studio setting.

Total Body Training ···The ultimate cardio and strength interval training class designed to work your entire body and maximize your post workout calorie burn. Using a variety of equipment, or just your own bodyweight, focus on resistance, intervals, power, plyometrics, endurance and determination, and you will see a new you, #TBT.

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Effective January 2, 2018

TIME	CLASS	INSTRUCTOR / ROOM
Monday		
6:30 – 7:20 am	Spinning	Anne Marie D. S
9:00 – 10:00 am	Ballet Burn	Sarah G. 1
12:00 – 12:50 pm	Spinning	Linda R. S
12:00 – 1:00 pm	Barre BURN	Mindy G. 1
12:00 – 1:00 pm	Yoga (Multi-Level)	Stefanie C. 3
4:00 – 5:15 pm	Vinyasa Flow Yoga	Mindy G. 3
5:00 – 6:00 pm	Ballet Burn	Therese C. 1
6:00 – 6:50 pm	Spinning	Carolyn R. S
6:00 – 7:00 pm	Barre BURN	Sarah M. 1
6:00 – 7:00 pm	Turbo Kick	Therese C. 2
6:30 – 7:45 pm	Yoga (Multi-Level)	Jyl F. 3
7:00 – 7:50 pm	Spinning	Carolyn R. S
7:00 – 8:00 pm	TRX	Cheryl N. 2

TIME	CLASS	INSTRUCTOR / ROOM
Tuesday		
6:00 – 7:00 am	BODYPUMP	Amy S. 2
6:00 – 7:00 am	Vinyasa Flow Yoga	Lisa S. 3
6:30 – 7:20 am	Spinning	Carolyn R. S
9:00 – 9:30 am	HIIT	Lisa P. 2
9:00 – 10:00 am	Vinyasa Flow Yoga	Maria R. 3
9:30 – 10:20 am	Spinning	Sarah R. S
9:30 – 10:30 am	Barre BURN	Lisa P. 1
12:00 – 1:00 pm	Vinyasa Flow Yoga	Samantha M. 3
12:00 – 1:00 pm	Total Body Training	Stephanie F. 2
4:30 – 5:30 pm	Vinyasa Flow Yoga	Maria R. 3
5:15 – 5:45 pm	CXWORX	Stephanie B.J. 2
5:30 – 6:30 pm	Barre BURN	Aubrey B. 1
5:45 – 6:30 pm	HIIT	Stephanie B.J. 2
6:00 – 6:50 pm	Spinning	Maria R. S
6:00 – 7:15 pm	Vinyasa Flow Yoga	Mindy G. 3
6:30 – 7:30 pm	Zumba	Paola S. 2
7:15 – 8:15 pm	Pilates Mat	Kurt M. 3
7:30 – 8:30 pm	Boxing Challenge	Frank R. 2

TIME	CLASS	INSTRUCTOR / ROOM
Wednesday		
6:30 – 7:30 am	Yoga Sculpt	Lisa S. 3
9:00 – 10:00 am	Vinyasa Flow Yoga	Bradshaw W. 3
9:30 – 10:15 am	HIIT	Stephanie F. 2
9:30 – 10:30 am	Barre	Jenni H. 1
12:00 – 12:50 pm	Spinning	Ashleigh B. S
12:00 – 1:00 pm	Barre BURN	Dahlia F. 1
12:00 – 1:00 pm	Total Body Training	Stephanie B.J. 2
12:00 – 1:15 pm	Yoga (Multi-Level)	Maria R. 3
4:30 – 5:30 pm	Ballet Burn	Meghan M. 1
6:00 – 6:50 pm	Spinning	Sharon U. S
6:00 – 6:30 pm	GRIT Cardio	Adam B. 2
6:00 – 7:00 pm	Barre	Justine G. 1
6:00 – 7:00 pm	Yoga Sculpt	David Y. 3
6:30 – 7:00 pm	CXWORX	Adam B. 2
7:15 – 8:15 pm	Vinyasa Flow Yoga	David Y. 3
7:30 – 8:30 pm	BODYPUMP	Sara K. 2

1 = Studio 1
2 = Studio 2
3 = Studio 3
CF = Cardio Floor
S = Spinning Studio

TIME	CLASS	INSTRUCTOR / ROOM
Thursday		
6:00 – 6:50 am	Spinning	Jen P. S
6:00 – 7:00 am	Barre BURN	Sarah M. 1
6:00 – 7:00 am	BODYPUMP	Amy S. 2
8:00 – 9:00 am	Vinyasa Flow Yoga	Julie D.S. 3
9:30 – 10:20 am	Spinning	Ashleigh B. S
9:30 – 10:30 am	Barre BURN	Lisa P. 1
12:00 – 1:00 pm	Pilates Mat	Penny S. 3
5:00 – 6:00 pm	Yoga Sculpt	Samantha M. 3
5:30 – 6:00 pm	GRIT Cardio	Jason P. 2
5:30 – 6:20 pm	Live DJ Spin	Amy S. / Jena N. S
5:30 – 6:30 pm	Barre	Alana D. 1
6:00 – 7:00 pm	BODYPUMP	Jason P. 2
6:00 – 7:30 pm	Yoga (Multi-Level)	Samantha M. 3
6:30 – 7:20 pm	Live DJ Spin	Amy S. / Jena N. S

TIME	CLASS	INSTRUCTOR / ROOM
Friday		
6:00 – 6:50 am	Spinning	Karlie D. S
6:30 – 7:30 am	Yoga (Multi-Level)	Kenna S. 3
9:00 – 10:00 am	Vinyasa Flow Yoga	Patti L. 3
9:30 – 10:30 am	Barre BURN	Lisa S. 1
9:30 – 10:30 am	TRX	Stephanie B.J. 2
11:30 – 12:00 pm	Tread & Shred	Stephanie F. CF
12:00 – 12:30 pm	Hard Core	Stephanie F. 2
12:00 – 12:50 pm	Spinning	Raquel F. S
12:00 – 1:00 pm	Barre BURN	Kris M. 1
12:00 – 1:00 pm	Vinyasa Flow Yoga	Angelica C. 3
4:30 – 5:30 pm	Yoga Sculpt	Ashleigh B. 3
5:30 – 6:20 pm	Spinning	Patrick G. S
5:30 – 6:30 pm	Studio Strength	Ashleigh B. 2

TIME	CLASS	INSTRUCTOR / ROOM
Saturday		
8:00 – 9:00 am	BODYPUMP	Carlye W. 2
8:30 – 9:20 am	Spinning	David S.A. S
8:45 – 10:00 am	Vinyasa Flow Yoga	Kelly T. 3
9:00 – 9:30 am	CXWORX	Carlye W. 2
9:00 – 10:00 am	Barre	Jessica M. 1
9:30 – 10:00 am	HIIT	Raquel F. 2
10:00 – 10:50 am	Spinning	Allison S. S
10:00 – 11:00 am	Yoga Sculpt	Raquel F. 3
10:00 – 11:00 am	WERQ	Andriana P. 2
12:00 – 1:00 pm	Pilates Mat	Kurt M. 3
12:00 – 1:00 pm	Boxing Challenge	Frank R. 2

TIME	CLASS	INSTRUCTOR / ROOM
Sunday		
8:30 – 9:20 am	Spinning	David S.A. S
9:00 – 9:30 am	GRIT Strength	Sarita A. 2
9:30 – 10:00 am	CXWORX	Sarita A. 2
9:30 – 10:30 am	Yoga Sculpt	Samantha M. 3
10:00 – 11:00 am	Barre	Jessica M. 1
10:00 – 11:00 am	BODYPUMP	Sharon U. 2
11:00 – 11:50 am	Spinning	Sharon U. S
12:00 – 1:15 pm	Yin Yoga	Maria R. 3
4:30 – 5:30 pm	Barre	Meghan G. 1
5:15 – 6:30 pm	Yoga (Multi-Level)	Brittany D. 3