

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:05 AM		<u>Cycle</u> w/ Chris		<u>Cycle</u> w/ Pam		
6:00 AM	<u>Cardio/Strength</u> w/ Mindy	<u>Strength</u> w/ Chris	<u>Cycle</u> w/ Mindy	<u>Strength</u> w/ Rebecca	<u>Kettlebell*</u> w/ Gary	
7:00 AM	<u>Cardio</u> w/ Lisa	***EIM*** w/ Stephen (Studio 1) <u>Kettlebell*</u> w/ Gary	<u>Cardio</u> w/ Lisa	***EIM*** w/ Stephen (Studio 1) <u>Kettlebell*</u> w/ Gary	<u>Cycle</u> w/Mindy	
8:00 AM	<u>Strength</u> w/ Tina	<u>Cardio Kickbox</u> w/ Mike	<u>Strength</u> w/ Tina	<u>Cardio Kickbox</u> w/ Mike	<u>TRX/Core Fusion</u> w/ Paula	<u>Cardio/Strength</u> w/ Rotation
9:00 AM	<u>Fluidity</u> w/ Christy (Studio 1) <u>Strength</u> w/ Judy	<u>Yoga</u> w/ Mike (Studio 1) <u>Legs, Core, & More</u> w/ Stephanie	<u>Cycle</u> w/ Judy	<u>Yoga</u> w/ Mike (Studio 1) <u>Legs, Core, & More</u> w/ Stephanie	<u>Yoga</u> w/ Tami (Studio 1) <u>Strength</u> w/ Judy	<u>Yoga</u> w/ Rotation (Studio 1)
10:00 AM	<u>Cardio/Strength</u> w/ Christy	<u>Chair Yoga</u> w/ Mike (Studio 1) <u>Cardio/TRX</u> w/ Judy	<u>Yoga</u> w/ Tami (Studio 1) <u>Cardio/Strength</u> w/ Christy	<u>Chair Yoga</u> w/ Mike (Studio 1) <u>Cycle</u> w/ Stephanie	<u>Line Dance</u> w/ Judy NEW!	
11:00 AM	<u>Cardio Dance</u> w/ Christy	<u>Yoga</u> w/ Tami (Studio 1)	<u>Cardio Dance</u> w/ Christy	<u>Yoga</u> w/ Stephanie (Studio 1)		
12:00 PM		<u>Better Balance I***</u> w/ Stephanie (Studio 1) NEW! <u>Boot Camp***</u> w/ Jessica		<u>Better Balance I***</u> w/ Stephanie (Studio 1) NEW! <u>Boot Camp***</u> w/ Jessica		
3:30 PM	<u>Cycle</u> w/ Ray	<u>Strength</u> w/ Lyn	<u>Cycle</u> w/ Deb	<u>Strength</u> w/ Lyn		
4:15 PM		<u>Kickstart Boot Camp***</u> w/ Jessica (Studio 1)	<u>Pilates Fundamentals**</u> w/ Vicki (Studio 1) NEW!	<u>Kickstart Boot Camp***</u> w/ Jessica (Studio 1)		
4:30 PM	<u>Zumba®</u> w/ Eddie	<u>Cardio/Strength</u> w/ Mike	<u>Zumba®</u> w/ Eddie	<u>Cardio/Strength</u> w/ Mike		***EIM*** Specialty program -- physician referrals only
5:15 PM			<u>Barre/Core Fusion</u> w/ Vicki (Studio 1)			<u>Kickstart Orientation**</u> Week of February 20 -Mon & Wed @ 5:30 pm -Tues & Thurs @ 11:00 am
5:30 PM	<u>Strength</u> w/ Kristen	<u>Core Fusion</u> w/ Mandy (Studio 1) <u>Kettlebell*</u> w/ Deb	<u>Functional Flow</u> w/ Mike	<u>Strength</u> w/ Robin NEW!		*Fundamentals Required **Registration Required ***Additional Fee & Registration Required
6:30 PM	<u>Functional Flow</u> w/ Mike	<u>EDGE Boot Camp***</u> w/ Mandy				Classes are held in Studio 3 unless otherwise indicated

Class Descriptions

Barre – A ballet inspired workout designed to challenge your core stability and balance. This class launches a total body workout that tones your abs, hips, and seat.

Cardio/Strength – Experience a full-body cardio & strength-training workout in one! Cardio portions may include hi-lo, kickboxing, dance, step, athletic drills, TRX, and cycle! Strength segments will consist of total body exercises using dumbbells, kettlebells, body bars, exercise bands, BOSU trainers, stability balls, TRX and more! No previous experience required. All fitness levels welcome!

Cardio – Experience various styles of cardio activities to improve cardiovascular endurance, such as hi-lo, kickboxing, dance, and athletic drills in this high-energy class. All cardio workouts will have you sweating, smiling, and having fun! All fitness levels welcome!

Cardio Dance – Enjoy a fun cardiovascular workout while moving to the rhythm of great music! This class features a variety of dancing styles and line dances. Open to all levels!

Cardio Kickbox – Enjoy this fun, heart-pumping workout while learning the basic elements of kickboxing, punches, kicks, knees, elbows, and combinations. This class will help build stamina, improve coordination and flexibility, and lean muscle. All fitness levels are welcome!

Chair Yoga – Enjoy the exploration of alignment, strength, balance, flexibility, breath, and relaxation in this supportive chair-based class. This class offers Yoga benefits using a chair as a prop for support, balance, and advancing the pose as appropriate for every participant. No Yoga experience needed.

Core Fusion – This class is based in Pilates and features moves from a variety of disciplines designed to strengthen and tone the muscles in your core. This class will use a variety of equipment (small balls, magic circles, foam rollers, weights, and bands).

Cycle – Class to challenge your cardiovascular and muscular endurance. Each class is full of energy-powered intervals, hill climbs, sprints and drills to build endurance, strength, and speed.

Fluidity – Turn back the clock with rhythmic movement techniques that combine exercises to lengthen and strengthen your body; improve balance and joint mobility. Good for all levels!

Kettlebell – Use kettlebells to work the entire body emphasizing the hips, hamstrings and core musculature. Pre-requisite: KB Fundamentals: Must have healthy hips, back, shoulders and knees.

Kickstart Orientation – Designed for the true beginner who needs more explanation and handout reminders. Great for all levels! Group sessions held the week of February 20 – Mon & Wed at 5:30 pm or Tues & Thurs at 11:00 am. *Registration is required; sign up at the front desk.*

Leg, Core, & More – This class focuses on building lower body and core strength with a mix of standing, sitting, and mat exercises. A stretch completes the workout for proper recovery and to improve flexibility.

Line Dance – Enjoy a fun, energetic dance workout filled with popular line dances like the Electric Slide, Cha Cha slide, etc. This class requires no previous dance experience, just a willingness to try!

Low Impact Cardio – Complete fitness class with cardiovascular and muscle conditioning for individuals new to fitness and older adults. Good for participants with exercise limitations.

Pilates Fundamentals – (4-wk class) Offered to those who have never taken Pilates or Core Fusion. Learn the basics of Pilates and breathe control. Classes held February 8, February 15, February 22, and March 1. *Registration is required; sign up at the front desk.*

Power Yoga – This fun, upbeat flow-based yoga class uses dynamic sequencing to cultivate stability, balance, flexibility, and strength. You will flow between effort and ease to warm up your body, increase your heart rate, and improve flexibility. Modifications are offered for all experience levels.

Strength – Enjoy this total body workout designed to increase your muscular strength by targeting all your major muscle groups. This class utilizes equipment, dumbbells, kettlebells, body bars, exercise bands, BOSU trainers, stability balls, and more! A must for all levels!

TRX – With TRX Suspension Training, participants harness their body weight to create resistance as they train to build core and overall strength. This total body workout is open to all levels!

Yoga – Engage your body, mind, and spirit through the practice of Yoga. In this 45-minute class, participants will engage in dynamic, energetic, and calming movements to encourage the development of strength, body awareness, stamina, balance, and mindfulness. Open to all levels!

Zumba® – Enjoy a mixture of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This class is a total workout, combining all fitness elements – cardio, muscle conditioning, balance, flexibility, boosted energy, and a serious dose of awesome each time you leave class.

HOURS OF OPERATION:

Monday-Thursday: 5:00 am - 8:00 pm

Friday: 5:00 am - 6:00 pm

Saturday: 7:30 am -12:00 pm

Sunday: Closed