

	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/ Mindy	<u>Cycle</u> w/ Mindy	<u>Strength</u> w/ Rebecca	<u>K.I.C.K</u> w/ Mindy	
7:00 AM	<u>Cardio/Strength</u> w/ Lisa	<u>Kettlebell*</u> w/ Thad	<u>Cardio/Strength</u> w/ Lisa	<u>Kettlebell*</u> w/ Thad	<u>Functional Flow</u> w/ Mike	
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</u> w/ Mike	
9:00 AM	<u>Strength</u> w/ Judy	<u>Yoga</u> w/ Mike (Studio 1) <u>Legs, Core, &amp; More</u> w/ Stephanie	<u>Cycle</u> w/ Judy	<u>Yoga</u> w/ Mike (Studio 1) <u>Legs, Core, &amp; More</u> w/ Stephanie	<u>Strength</u> w/ Judy	<u>Instructor's Choice</u> w/ Rotation (Studio 1)
10:00 AM	<u>Cardio/Strength</u> w/ Mike	<u>Chair Yoga</u> w/ Mike (Studio 1)	<u>Cardio/Strength</u> w/ Mike	<u>Chair Yoga</u> w/ Mike (Studio 1) <u>Cycle</u> w/ Mindy	<u>Line Dance</u> w/ Judy	
11:00 AM	<u>Zumba</u> w/ Eddie	<u>Stretch &amp; De-stress</u> w/ Tami (Studio 1)	<u>Zumba</u> w/ Eddie	<u>Lengthen &amp; Strengthen</u> w/ Stephanie (Studio 1)	<u>Stretch &amp; De-stress</u> w/ Tami (Studio 1)	
12:00 PM						
3:30 PM	<u>Cycle</u> w/ Ray		<u>Cycle</u> w/ Mike			
4:30 PM	<u>Zumba®</u> w/ Shyra	<u>Cardio/Strength</u> w/ Mike	<u>Zumba®</u> w/ Eddie	<u>Zumba®</u> w/ Jennifer (Studio 1) <u>Cardio/Strength</u> w/ Mike		*Fundamentals Required **Registration Required ***Additional Fee & Registration Required
5:30 PM	<u>Yoga</u> w/ Mike (Studio 1) <u>Strength</u> w/ Vicki	<u>Core Fusion</u> w/ Mandy (Studio 1) <u>Functional Kettlebell</u> w/Mike	<u>Barre w/ weights</u> w/ Vicki (Studio 1) <u>Functional Flow</u> w/ Mike	<u>Yoga</u> w/ Mike (Studio 1)		<u>Classes are held in Studio 3</u> <u>unless otherwise indicated</u>
6:30 PM		<u>Maintaining the EDGE***</u> w/ Mandy				

## **CLASS DESCRIPTIONS**

**Barre w/ weights** – 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, and cycle! Strength segments will consist of total body exercises using dumbbells, kettlebells, body bars, exercise bands, BOSU trainers, stability balls, 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. 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.

**Functional Flow** – Designed to provide an educational experience while strengthening your body at end ranges of motion for stability, mobility, and balance. This class blends flow, mindful movement, and breathing while providing feedback and coaching to move better on and off the yoga mat.

**Functional Kettlebell** – Elevate your fitness routine with this dynamic training class to optimize functional strength and mobility for a workout beyond the gym. This class is open to *all levels of participants* regardless of prior experience. *No fundamentals are required.*

**Instructor's Choice** – This strength, cardio, or flexibility/meditation class will be designed by the instructor. Check the rotation sign at the front desk and monthly e-newsletter for the specific class featured each Saturday. *All fitness levels are welcome!*

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

**K.I.C.K** - The workout is designed for all levels of participants and has a strong cardiovascular focus, but also features strength, balance, and core work. It combines kickboxing, interval cardio training, core/balance work, and very basic kettlebell strength exercises.

**Legs, 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.

**Lengthen & Strengthen** – This class involves integrated stretching techniques that will leave you feeling more flexible, more mobile, stronger, and ready to crush your next work out. Stretching is known to improve posture, increase joint mobility, range of motion, and overall quality of life. Open to all levels!

**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!

**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!

**Stretch & De-stress** – Designed to stretch your body and mind, we explore a variety of effective tools to release tension. The class focus includes mindful stretching, breathing, and intentional contemplation to release unwanted stress. All levels welcome!

**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.

**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