

Studio 1	Mon	Tues	Wed	Thurs	Fri	Sat
5:00-6:00 am		NEW! Early Morning Java - Joy 20/20/20				
6:00-7:00 am			Cycle & Core Jennifer	Step Jennifer		Cardio Mix 8-8:55 am -varies-
9:00-9:55 am	Step & Strength Michelle	Strength Dori	Core & More Pablo 9:00-9:45	Strength Dori	Step & Strength Alissa	Strength 9-9:45 am
10:00-10:55 am	Gentle Yoga Cristy	AOA Circuit Pablo	Living Strong Joy	AOA Circuit Pablo		Zumba 2 nd & 4 th Sat.
12:00-12:45 pm	Cycle Steve	Strength Kat	Bosu Blast Kari 12:15-12:45		Cycle Steve	
4:30-5:15 pm	In A Minute Stephanie			Cardio Kickboxing Kari		
5:30-6:30 pm	Zumba Dana/Kari 5:30-6:15	Cycle & Bosu Jessica	Cardio Kickboxing –Dori 5:30-6:15	Cycle & Core Steve		
6:30-7:15 pm		Zumba Pablo 6:45-7:30	NEW! Hip Hop Happy Hour Stephanie			
Studio 2	Mon	Tues	Wed	Thurs	Fri	Sat
6:00-6:45 am	Strength Megan	NEW! PiYo - Jodi	Full Body Circuit Dana		Full Body Circuit Dana	
8:00-8:45 am	Core & More Janet				NEW! Bosu Blast – Jessica	
9:00-9:45 am	Zumba Susan B					
9:30-10:00 am			NEW! Foam Roller Susan S			
10:00-10:55 am	Flow Yoga Susan S.		Hold Yoga Susan S.	NEW! Pilates Liz		Yoga / Pilates / or PiYo
11:00-11:45 am	Tai Chi Kevin					
12:00-12:45 pm		NEW! Pound for Pounds - Janet		Core & More Pablo	Flow Yoga Jackie	
4:30-5:25 pm		Strength Megan				
5:30-6:25 pm	Pilates Shawn	Yoga Cristy	NEW! Flow Yoga Erin			SUNDAY 1pm Sunday Snippet Class varies each month!

CARDIO/STRENGTH

AOA CIRCUIT: Active older adults – this class is for you. This class not only focuses on strength, but balance as well.

BOSU BLAST: Work on balance, core, and stability while sculpting your muscles in this challenging class designed around the BOSU Balance Trainer ****SIGN UP AT THE FRONT DESK REQUIRED, NO EXTRA FEE****

CYCLE: Group cycling offers a change of pace for those who want a pure fat burning/ high caloric expenditure without high impact on your joints. ****SIGN UP AT THE FRONT DESK REQUIRED, NO EXTRA FEE****

EARLY MORNING JAVA: Three different modalities, 20 minutes each. The ultimate cross training class! Get ready for a great workout with a highly energetic instructor. You never know where you will end up. Be prepared for to be inside, outside, in the cardio room and more! Complete this class and treat yourself to a FREE cup of coffee at the café!

FOAM ROLLER: 30-minute class using a foam roller to massage and lengthen your muscles. Great for self-myofascial release!

FULL BODY CIRCUIT: The instructor will keep you moving through a workout that consists of a variety of cardio and strength exercises. Circuits are an excellent way to develop both strength and cardiovascular endurance concurrently.

HIP HOP HAPPY HOUR: Unlock your inner performer....dance steps choreographed to today's hottest hip hop and club tracks. Appealing to all dancers and non-dancers alike!

IN A MINUTE: How hard can you push yourself for one minute? You will complete every exercise for one minute – Circuits, Intervals, Weights, Core, Cardio, Plyometrics, and more.

KICKBOXING: Fun, motivating, and full of energy – This class is choreographed to hard hitting music and is sure to leave you wanting more.

LIVING STRONG: This class is designed to take you through a series of exercises that help you stay strong, mobile, and active for everyday life. Low impact exercises.

POUND FOR POUNDS: HIT it, POUND it, ROCK it! Come and join the Pound for Pounds class – a high-energy workout that uses motivating music, stability balls and drumsticks. Burn calories, reduce stress and create a body like a rockstar! ****SIGN UP AT THE FRONT DESK REQUIRED, NO EXTRA FEE****

STEP: A class focusing on just step – from start to finish. Get your heart rate up and burn calories while working at your own intensity.

STRENGTH: Get out of the weight room rut! This class has components of endurance and strength for a well-planned workout. In this music driven class you will use weights, resistance tubes, stability balls, BOSU trainers, and more.

SUNDAY SNIPPET: Every month we will feature a different workout. Look for the Snippet of the Month to be posted on the Information board in front of Studio 1, facebook, and the website.

ZUMBA: 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. Ditch the workout – Join the Party!

MIND/BODY

CORE & MORE: Strengthen your midsection as you improve your body's overall balance, function and coordination. This class will educate you to perform better in group fitness classes and in your daily activities.

GENTLE YOGA: Highly instructional, modified poses, slower flow. Chairs and other props are utilized to help with balance.

PILATES: This Pilates mat class focuses on basic principles for optimum alignment of the spine with beginner to intermediate mat exercises. Achieve total body balance and strength for the core with controlled pace and a focus on breathing.

PIYO: A hybrid, athletic workout combining Yoga and Pilates, as well as the principles of strength, core, conditioning and dynamic movement. PiYo will increase your strength, flexibility, and balance, while offering stress reduction and improve your overall fitness level.

TAI CHI: This ancient form of movement creates balance, flexibility, and calm with a slower-pace. Emphasis is placed on deep breathing and mental imagery. Tai Chi is an extremely effective stress-relieving form of movement that is easy on your joints.

YOGA: 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. **HOLD YOGA:** is holding the poses for a longer period of time. This builds strength in your mind and body. **FLOW YOGA:** will take you through the moves in a more fluid form.