



*** Schedule pending completion of the new studios. Until the Multi-Purpose Room is completed, classes will be held in Studio 1***

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time/Studio/Class	Time/Studio/Class	Time/Studio/Class	Time/Studio/Class	Time/Studio/Class	Time/Studio/Class	Time/Studio/Class
5:30am S1 ● Strength Amy L	5am S1 ■ Shred Kari / Amy L	6 am CS ■ Cycling Jennifer	9am S1 ■ Strength Dori	6am CS ■ Cycling Toni	8am ■ Cardio Mix Varies	1pm Sunday Snippet varies
8am S1 ■ Core & More Janet	6am MB ■ PiYo Jodi	9am S1 ■ Core & More Pablo	10am S1 ● AOA Circuit Amy X	9am S1 ● Step & Strength Alissa	9am S1 ■ Strength Varies	
9am S1 ● Step & Strength Michelle	9am S1 ■ Strength Dori	10am S1 ● Living Strong Liz	11am MB ● Yoga Amy X	10:05am S1 ■ Zumba Gold Pablo	10am MB ● Yoga Varies	
10am S1 ● Gentle Yoga Cristy	9:15am CS ■ Cycling Alissa	10am MB ● Yoga Susan S	12pm S1 ■ Strength Allie	10am MB ● ☑ Heated Yoga Cristy	10am S1 ■ Zumba Varies	
10am MB ● Yoga Susan	10am S1 ● AOA Circuit Pablo	4:30pm S1 ■ In A Minute Jessie	4:30pm MP ■ Cardiokickboxing Kari	12pm CS ■ Cycling Jessica		
11:05am MB ■ Tai Chi Eric	11am MB ● Yoga Amy X	5:30pm MB ● ☑ Heated Yoga Erin	5:30pm CS ● Cycling Steve	4:30pm S1 ■ Shred Becky		
12pm CS ■ Cycling Jessica	12pm S1 ■ Strength Joy	5:30pm S1 ● Cardiokickboxing Dori	5:45pm MB ● ☑ Heated Yoga Jen	5:30pm MB ● ☑ High Energy Heated Yoga 1 st and 3 rd Fridays		
12pm MB ■ Yoga Amy X	5:30pm CS ● Cycling Steve	6:30pm S1 ■ Zumba Lauren		5:30pm CS ● Biker Chicks Varies 2 nd and 4 th Fridays		
4:30pm S1 ■ In A Minute Kari	5:30pm MB ● Yoga Liz					
5:30pm MP ■ Zumba Kari / Lou	6:45pm MP ■ Zumba Pablo					
5:30pm MB ■ Pilates Shawn						
5:30pm TRX ■ Back To Basics Tricia						
						Last modified 12/19/11

◆30 min. class ■45 min. class ●60 min. class ●90 min. class ☑ Paid Session

S1=Studio 1 MP=Multi-Purpose MB=Mind/Body Studio CS=Cycle Studio TRX=TRX Studio

GROUP FITNESS CLASS DESCRIPTIONS

AOA CIRCUIT: Active older adults – this class is for you. This class focuses on strength and balance.

BACK TO BASICS: This class will start you off on the right foot. It is designed to help you understand core embracing and glute engagement. This class is also designed to help you understand the fundamentals of movement. Highly instructional, with equipment use, but no choreography.

BIKER CHICKS: Sorry guys – this cycling party is just for the ladies.
Sign up at the front desk required

CARDIO MIX: Every Saturday we feature an instructor's choice of a cardio workout! Classes are listed in advance on the website.

CARDIO KICKBOXING: Fun, motivating, and full of energy! Combination kickboxing moves put to hard-hitting music.

CORE AND MORE: Strengthen your midsection as you improve your body's overall balance, function, and flexibility.

CYCLING: Intense cardio workout for any level. Come experience the lights and sounds of our state-of-the-art cycling studio!
**Sign up at the front desk required **

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

HEATED YOGA: Series of Yoga poses done in a heated room. The room is maintained at a temperature of 90 degrees with 50% humidity. See separate mind/body schedule for pricing and studio guidelines.

HIGH ENERGY HEATED YOGA: A vigorous, fitness-based approach to Yoga with an emphasis on strength and flexibility, all practiced with the music turned up! Get ready to get your sweat on!

IN A MINUTE: You can do anything for a minute! Complete every exercise for one minute – Strength Endurance at its best!

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.

PILATES: 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 focus on breathing.

PIYO: An up-tempo, non-spiritual approach to mind/body exercise that is ideal for all levels. This unique format offers strength and core conditioning, along with flexibility and balance training. Put that core into motion with a combination of Yoga, Pilates, plyometrics, and calisthenics.

SHRED: High Intensity intervals, plyometrics, and power. How hard can you push yourself? This is the just the class to find out!

STEP: A class focusing on just step – from start to finish.

STRENGTH: Get out of the weight room rut! This class has components of endurance and strength for a well-planned workout.

SUNDAY SNIPPET: Every month we feature a different workout. Look for the Snippet of the month to be posted on the website, facebook, and by the studios.

TAI CHI: Often referred to as meditation in motion, is a mind-body practice that consists of a series of slow graceful movements that are combined with deep breathing. Movements are without strain, and provide exercise and toning for every part of the body. Anyone, regardless of age or physical ability, can benefit from its practice.

TURBOKICK: Burn calories and blast fat! Turbokick mixes kickboxing and simple dance moves to make you want to move it!

TRX: Total Body Resistance Training. Please see separate schedule for pricing and descriptions.

YOGA: A mind/body class fusing breath with movement. Please see separate Mind/Body Schedule for complete descriptions of classes.

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.

ZUMBA GOLD: A brand-new system that is for anyone, any age, and any ability level. This Zumba class slows down the pace and has lower impact moves.