



Group Fitness Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM						
5:30 AM		*Body Pump Sarah	*Body Pump Meghan	*Body Pump Sarah		
5:45 AM	HIIT Korey				HIIT Kristen	
6:00 AM						
6:30 AM	Spin 30 Korey	Circuit Pump Korey	Spin 30 Korey	Circuit Pump Korey	Spin 30 Kristen	
9:00 AM		Tai Chi Oka		Tai Chi Oka		*Body Pump **Amy
9:30 AM	Body Pump Meghan		Body Pump Meghan			
10:00 AM					Freestyle Friday Kristen	
10:30 AM	Pilates Meghan	KickBox Kristen	Yoga Samone	KickBox Meghan		
11:00 AM	*Pump It Up Meghan	*Barre Kristen	*Pump It Up Meghan	Chair Yoga Samone		
11:15 AM						
4:15 PM	Step & Abs Meghan	Body Pump Amy	Body Pump Amy	Step & Abs Meghan		
5:00 PM	*Body Pump Kristen			Spin 45 Kristen	Zumba Marlena	Body Pump Kristen
5:15 PM						
6:00 PM	*Yoga Samone	Pilates/Yoga Samone	Barre Kristen	Yoga Samone		

*New class or new time

**Rotating instructor

ALL CLASSES ARE FACILITATED BY CERTIFIED FITNESS INSTRUCTORS AND CAN BE MODIFIED FOR ANY FITNESS LEVEL.

Classes and Instructors subject to change

CLASS DESCRIPTIONS

Low Impact

Barre: (45 minutes)

Challenge and increase your flexibility and stability with this low impact, ballet-based workout.

Chair Yoga: (30 minutes)

Relax with a gentle form of yoga that practices deep breathing techniques and yoga positions with the creative use of a chair.

Pilates: (30 minutes)

Lengthen those muscles while focusing on your core strength, stability and balance.

Tai Chi: (60 minutes)

Improve strength, balance, flexibility and coordination. (Ch'uan style)

Yoga: (30 or 45 minutes)

Join us to work on balance, strength, flexibility and power to release the inner you. Empower yourself as you move through a variety of positions to improve all facets of health.

Pilates/Yoga: (30 or 45 minutes)

This class combines movements from both yoga and pilates classes.

Moderate Impact

Body Pump: (60 minutes)

This full body barbell workout will challenge you to push through the end of each song. This is a great way to knock out a serious workout in 60 minutes. Expect great results.

Freestyle Friday: (60 minutes)

You never know what exercise you'll be doing! Zumba, Salsa Dancing, Circuit, Body Pump... anything goes.

Circuit Pump: (30 minutes)

This fun class will lead you through a high energy circuit workout. The instructor will challenge and push you to work harder through each station.

KickBox: (30 minutes)

This fun and dynamic class will leave you feeling strong and invincible.

Spin 30/45: (30 or 45 minutes)

A spinning class designed to challenge participants of all levels with cycling, speed, and power intervals.

Zumba: (30 minutes)

Come join the party! Latin inspired rhythms will have you moving in this interval style, calorie burning dance fitness party.

High Impact

HIIT: (30 or 45 minutes)

This quick workout will "hit" all major muscle groups with medium-high intensity exercises to maximize workout time.

Power Core: (15 minutes)

Get ready to flatten those abs and shape your waistline with this quick workout.

Step & Abs: (45 minutes)

This cardio class will explore a variety of fun step combinations while moving along to fun music and 10 minutes of abs.