



Group Exercise Schedule

Effective September 3, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45 – 6:45 LES MILLS BODYPUMP Theresa	6:00 – 6:55 Cycle Betty	6:00 – 6:55 TBC Larisa	6:00 – 6:55 Cardio TBC Larisa		
8:30–10:00 Strength & Flow (2) Meredith		8:30 – 9:25 LES MILLS BODYPUMP Mari	8:30 – 9:25 Strength & Flow (2) Meredith	8:30 – 9:25 Stott Pilates Jill (2)	8:00 – 8:55 Stott Pilates Jill (2)	8:00 – 8:55 Triple Threat Leah
8:30 – 9:25 Barre Kathy	8:30–9:25 RYDE Leah	9:30– 10:25 Zumba Gina	9:00 – 9:30 Tabata Jeanine	9:30 – 10:25 Cardio TBC Jeanine	8:00 – 8:55 HIIT Larisa	9:00–10:00 Power/Core Stephanie
9:30–10:25 LES MILLS BODYPUMP Mari	9:30 –10:25 Chiseled Cardio Leah	9:30 – 10:25 Centered Cycle Meredith	9:30–10:00 Core Jeanine	9:45 – 11:00 Svaroopa Yoga (\$) Nirooshi (9/6 – 10/25)	9:00–10:00 LES MILLS BODYPUMP Kristin	10:00–11:00 Yogalates Larisa
10:30–11:25 Lo Impact Gold Jen	10:30–11:25 Strength Gold Kris	10:30–11:25 Strength & Balance Gold Meredith	10:15–11:15 Zumba Gold Gina	10:30–11:25 Lo Impact Gold Kris	10:00–11:00 Zumba Karla	12:45–1:45 FitKids Boxing (ages 10–15) Doug
6:00 – 6:55 Barre Burn Heather	6:00 – 6:55 Power Flow Larisa (2)	6:00 – 6:55 Barrelates Robin	6:00 – 6:55 Strength & Power Heather	6:00 – 6:30 HIIT Tony		
6:00 – 6:50 Rhythm Ride Leah	6:00 – 6:50 Cycle Deb	6:00 – 6:50 RYDE Leah	6:15 – 7:00 Tabata Ride Robin	6:35 – 7:20 LES MILLS BODYPUMP Tony		
7:00 – 8:00 Zumba Jessica	7:00 – 8:00 Triple Threat Leah	7:00 – 8:00 LES MILLS BODYPUMP Kristin		6:30 – 7:30 Slow Flow (2) MaryEllen/ Kathy		

Mind/Body –

Barre - A unique no impact class that combines ballet inspired moves with elements of strength training and stretching to tone the muscles of the butt, legs and core. This class is perfect for all fitness levels!

Barre Burn – This fast paced workout is more athletic in nature with focus on that full body burn. This class is great for cross-training combining barre work, strength training and a little extra cardio all designed to make you sweat, strengthen and BURN!

Barrelates – Consists of ballet barre work, light weight and core work focusing on Pilates based exercises.

Stott Pilates - Develop your core strength while sculpting long lean muscle to achieve whole-body fitness. Improve your flexibility, posture and body alignment. Pilates Rings, Rollers and balls may be used.

Power Flow – relies on synchronized breathing with each movement to produce flowing patterns of motion and energy. Power Flow techniques tend to more vigorous.

Slow Flow – Provides poses that range from gentle to challenging, done with stable, self centering energy. The pace is slower and emphasis is placed on safe alignment and maintaining balance of slow breath.

Strength & Flow – A vinyasa style class which focuses on proper alignment to alleviate stress in both body & mind, and allows for deeper strength and opening opportunities.

Yogalates - Combines yoga and Pilates, emphasizing strengthening of the core.

Cardio –

Cardio TBC - (TOTAL BODY CONDITIONING) A head-to-toe cardio, strength and toning workout achieved through high repetition exercises that incorporate body bars, dumbbells and more!

Chiseled Cardio - Blast off fat, build strength, and increase cardiovascular endurance with this innovative blend of aerobic movement, plyometrics, Tabata, and core stabilization exercises.

Tabata - Features intervals of extreme exercise, followed by rest, repeated eight times. These bursts of intense work will torch calories and strengthen your entire body.

TBC - (TOTAL BODY CONDITIONING) A head-to-toe strength and toning workout achieved through high repetition exercises that incorporate body bars, barbells, dumbbells and more!

Triple Threat - 20/20/20 blend class incorporating elements of cardio, strength, and core

Zumba - A fusion of Latin and International music/dance themes creating a dynamic, exciting, effective fitness workout! The routines feature simple, easy to follow, repetitive dance steps, aerobic/fitness interval training that tone and sculpt the body.

Cycle –

Centered Cycle – Using a wide range of music and yoga philosophy to grow strong functional bodies. This class connects riders to their bodies, bikes, heart rate and breath. Let the sweat be your guide!

Cycle - Our Indoor Cycle classes are challenging, fun, and one of the best ways to improve cardiovascular fitness while burning lots of calories! Cycle is a low impact class suitable for most people and can accommodate all levels of fitness.

HIIT/POWER Ride – includes High Intensity Interval Training and endurance drills.

Rhythm Ride - Let your spirit soar as you ride to the beat with choreographed moves in this high-energy, music-infused class. Prepare to sweat, smile, and sizzle off fat!

RYDE - The perfect hybrid of Cycle and Yoga! Prepare to sweat and smile as you ride to the beat with choreographed moves in the first 30 minutes of class, followed by 20 minutes of an invigorating Vinyassa Flow set to pop rockin' music.

Tabata Ride – Tabata intervals are mixed into this 45-minute fast paced musically driven class!

Virtual Cycle - Our virtual cycle class will immerse you in a true real ride virtual experience. See front desk to set up your virtual ride!

Strength –

Core - Walk taller, feel stronger! This class is designed to build your core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. Class may use a variety of equipment for optimal results. Suitable for all levels.

LES MILLS BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. You'll leave the class feeling challenged and motivated, ready to come back for more.

TBC - (TOTAL BODY CONDITIONING) A head-to-toe strength and toning workout achieved through high repetition exercises that incorporate body bars, barbells, dumbbells and more!

Strength & Power – Target all of your muscle groups, and experience an ultimate cutting edge, strength-training workout. This class combines barbells, free weights, and body weight exercises to emphasize all muscle groups.

GOLD – Specially designed for our active older adults in their golden years!

Lo Impact - Fun and easy to follow moves to improve and maintain cardiovascular fitness. Light dumbbells will be used to increase bone density and increase muscular endurance.

Strength & Balance - Designed to help improve and maintain strength, flexibility, and balance.

Strength - Focus on building & maintaining overall strength with the use of dumbbells, resistance bands and body weight.

Zumba Gold - Zumba Gold is a dance fitness program for active older adults, beginners, those who are not used to exercising, and those who may be limited physically. Zumba® Gold incorporates easy-to-follow Zumba® choreography that focuses on balance, strength, range of motion and coordination.