



GROUP EXERCISE CLASS SCHEDULE

Effective January 1, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am Barre Kathy	10am Lo Impact Strength Gina	6am Cycle/Core Stephanie	10am Lo Impact Strength Kris	6am CYCLE/HIIT Stephanie		8-9am Cycle/Core Stephanie
6 pm Barbell Power Heather	6pm Cycle Deb	9:30am SGT STRONG/ENDURANCE Jeanine <i>Performance</i> <i>Center (\$)</i>	6pm Barre Strength Heather			
		5:30pm Bootcamp Heather	7pm Cycle Deb			

Pre-Registration is required for all classes (including Small Group Training) and can be done on our new Wayside APP, 7 days in advance.
There will be a \$20 no show or late cancellation fee for all classes.



Group Exercise Class Descriptions:

BARBELL POWER – Get strong, lean and toned muscles using simple yet challenging strength training exercises utilizing barbells. Barbell weight can be adjusted to suit men and women of all fitness levels.

BARRE - A unique, high energy/no impact class that combines ballet barre work and light weights to strengthen and lengthen the muscles of the butt, legs, torso and arms. This class is perfect for all fitness levels!

BOOTCAMP - A fun, fast paced workout with intervals of cardio, muscle and core conditioning drills using free weights, tubing, body bars, steps and stability balls.

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.

CYCLE/CORE - Class will end with 15 minutes of core strength and conditioning exercises.

CYCLE/HIIT - 30 minutes of CYCLE and 30 minutes of HIIT training using weights and body weight exercises.

LO IMPACT STRENGTH - Fun and easy to follow moves to improve and maintain cardiovascular fitness. Light dumbbells, bands, balls may be used to increase bone density and increase muscular endurance.

SMALL GROUP TRAINING - SGT (\$)

LOCATED IN THE NEW WAYSIDE PERFORMANCE CENTER

STRONG - This small group training class is a resistance based work out that builds both muscle mass and bone density resulting in stronger leaner, more defined muscles.

ENDURANCE - This small group training class is a cardio based workout that will use high intensity intervals to build all-over strength and boost the limits of your cardiovascular capacity.

SGT FEE FOR CLASS IS \$10 PER CLASS. PRE REGISTRATION IS REQUIRED