













Group Exercise Schedule

November Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am-8am Box & Burn Jenn	7am-8am Circuit Burn Alycia	6am-7am Cycle/core  Stephanie	7am-8am Circuit Burn Alycia	6am-7am Cycle/HIIT  Stephanie	POP UP 9:15am-10:15am 11/8, 11/22, Zumba Toning Yachun	
9am-10am Barre Kathy	9am-10am Classic Mat Pilates Christine	9am-10am Functional Strength and Stretch Kathy	10am-11am Lo Impact Strength Kris	POP UP 8am-9am Post Turkey Day Circuit Burn Alycia 	10:15am-11:15 Lengthen and Strengthen yoga Leslii 	
10am-11am Morning Tune-Up, Mobility Flow Lesli 	10am-11am Low Impact Strength Kris			9am-10am Functional Strength and stretch Kathy **		8am – 9am Cycle Core  Stephanie
5:45pm-6:45 Burn Heather	6pm-7pm Core Bliss Laura 	POP UP 5:30-6:30 Pre- Turkey Day Circuit Burn Alycia 		10am-11am Zumba Gold Donna		
7pm-8pm Zumba Celeste		6pm-7pm Fight Camp Jenn (SGT) \$\$	6pm-7pm Total Body Tone Laura			
5:45pm-6:30pm The Body Unplugged Leslii	7pm-8pm Calm and Gentle Yoga Laura 	5:30pm-6:30pm Pi-Pilates Leslii	7pm-8pm Zumba Celeste	Class Fee 7pm-8pm Sound Bath Lesli 10/17, 11/21, 12/19 \$\$		
7pm-8pm Vinyasa flow Yoga Leslii 		7pm-8pm Vinyasa Yoga Flow Leslii 				
Mind Body Studio (Upstairs)	Main Studio	Spin Studio 	SGT Room Small group training Room Upstairs from main gym	**This class is every other week starting on the 11/7	\$\$ These classes are a \$10 fee for members \$25 non members \$\$	*PreRegistration required for all classes

November 2025

Box and Burn: **Box + Burn** is a cardio-focused workout that fuses shadow boxing and bodyweight conditioning for a non-stop sweat. Designed to elevate your heart rate, boost endurance, and leave you feeling stronger, this class will push your limits and have you feeling the burn from start to finish.

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! BarreSculpt places a greater emphasis on strengthening and sculpting the entire body. **BARRE/ates** – Traditional Barre class with an additional circuit of mat exercises.

Morning tune-up, mobility flow: Designed to keep your joints moving like well-oiled machines, this class focuses on functional stretches and flowing sequences that improve mobility, flexibility, and ease of movement. Think strength plus stretch, with lots of love for hips, shoulders, and spine.

Zumba: Zumba is a fun, full-body workout that blends cardio, muscle conditioning, balance, and flexibility through choreographed dance routines. It's designed for all fitness levels, and no dance experience is required.

Vinyasa Flow Yoga: A balanced Vinyasa Flow Yoga practice, relax and move with dynamic breaths. Challenge your body and mind in this great class. Soft music will help you stretch, strengthen, and invigorate the mind, body, and soul. Leslii uses myofascial release balls in this class to help release stress and tension within the body. Practice at your own pace; we are all built differently. Great for all levels.

Circuit Burn: Is a High-intensity workout focusing on strength building and muscular endurance. Tone your entire body and build your cardiovascular capacity with this fun and challenging circuit training class. Circuit training is a workout that involves rotating through various exercises and stations around the studio, targeting different parts of the body. Focusing on different muscle groups in a short amount of time is an effective exercise that can be incorporated into a healthy lifestyle.

This class is also designed for different fitness abilities, where you can exercise at your own pace.

***Please note that this class is high intensity, requiring quick transitions between various exercises. The exercises will include kneeling, seated, lying, and standing positions, utilizing both dumbbells and other equipment.

P.I.-Lattes fusion: A workout designed to build muscle, increase stamina, and cultivate focus and relaxation. The class begins with Pilates-inspired exercises for strength and toning, then flows into yoga-inspired stretches and guided meditation to promote flexibility and inner peace. All levels of practitioners are welcome!

Low Impact strength: Fun and easy to follow moves to improve and maintain cardiovascular fitness and mobility. Light dumbbells, bands, and balls may be used to increase bone density and muscular endurance.

Core Bliss: Sculpt your abs, improve your balance, and find your bliss. This 2-in-1 class starts with energizing, dynamic strength and conditioning moves to build your core stabilization and strength. Then, flow through a mindful yoga sequence designed to improve your balance and flexibility. You'll leave feeling strong, centered, and refreshed!

Calm and gentle yoga: This soothing class melts away stress with gentle stretches, simple yoga poses, mindful breathing, and peaceful, positive energy. Perfect for all levels, you will leave feeling lighter, restored, and blissfully calm.

Cycle/Core: 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 will end with 10 minutes of core strength and conditioning exercises.

Functional strength and stretch: This class uses dynamic functional movement to work through the whole body and create more functional strength, flexibility, coordination, mobility, and stability.

Fight camp: Designed for all experience levels, this circuit-style boxing class blends heavy bag drills, mitt work, and strength training. Whether you're looking to sharpen your boxing skills or simply let out some stress, this fun, high-energy class will help you build power, strength, and confidence — one punch at a time!

Total body Tone: A full-body burn that shapes, lifts, and tones. Dynamic strength training exercises to target your arms, core, glutes, legs, and more! Come ready to sweat and leave feeling stronger, leaner, and energized. All levels welcome!

Cycle/HIIT: 30 minutes of indoor CYCLE and 30 minutes of HIIT (high-intensity interval training) using dumbbells and body weight.

Zumba Gold: This class features simple, easy-to-follow, repetitive dance steps, set to Latin/International music and geared to the active older adult.

Sound bath/Echoes of Stillness: A Crystal Sound Bath Experience with Leslii Stevens ERYT500, YACEP, Trauma Informed Yoga Teacher, Sound Bath Practitioner. Step into deep relaxation as layers of crystal singing bowls surround you with soothing vibrations. Echoes of Stillness is a restorative journey designed to quiet the mind, release tension, and rebalance the nervous system. As sound waves ripple through the body, they create a meditative state that promotes rest, clarity, and inner peace. No movement is required—simply lie back, breathe, and allow the harmonics to wash over you. Perfect for anyone seeking stress relief, better sleep, or a soulful reset. Bring your favorite blanket & pillow

Lengthen and Strengthen: Yoga/Resistance/Myofascial Release - The revolutionary way to sculpt and shape your body a new approach to strength building combines unique body-weight and resistance training exercises with traditional yoga practices. A fresh take on endurance and strength-building workouts. Body sculpting through yoga represents the next step forward in achieving your physical peak.

Zumba Tone: Get ready to shake and sculpt! This isn't your average dance party—it's a calorie-torching, muscle-defining workout disguised as a fun Latin-inspired fitness fiesta. By adding lightweights to the signature Zumba moves, you'll target and strengthen your arms, core, and lower body while burning calories and improving your coordination

Burn: A dynamic 60-minute class that blends high repetition of Barre burnout and strengthening of Mat work to bring muscles to exertion. Expect a low-impact, high-intensity full-body burn

The Body Unplugged: 45-minute Myofascial Release session using balls, rollers, and targeted techniques designed to melt away tightness, improve flexibility, and wake up your body's natural flow. Whether you're dealing with stiff hips, achy shoulders, back pain, or just the daily grind, this class gives you the tools to roll out stress, release knots, and move with more ease.

Leave feeling lighter, longer, and ready to take on whatever life (or your next workout) throws at you. No experience required—just bring curiosity, a mat, and your willingness to feel amazing.