



Group Exercise Schedule

Schedule Effective September 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7 am-8 am Circuit Burn Alycia	6 am-7 am Cycle/core Stephanie	7 am-8 am Circuit Burn Alycia	6 am-7 am Cycle/HIIT Stephanie		8 am – 9 am Cycle Core Stephanie
	9 am-10 am Gentle yoga Jarelys (begins 9.29.26)	9 am-10 am Functional Strength and Stretch Kathy	10 am-11 am Low Impact Strength Kris	9 am-10 am Functional Strength and Stretch Kathy & Christine **	9:15 am-10:15 am Zumba Toning YC	9 am - 10:00 am Advanced Full Body Circuit Training Sam (SGT) Starts 9/20
9 am-10 am Barre Kathy	10 am-11 am Classic Mat Pilates Jarelys (begins 9.29.26)	10:15 am -11:15 am Core and Restore Christine		10 am-11 am Zumba Gold Donna	10:15 am-11:15 am Lengthen and Strengthen yoga Leslii	10 am-11 am Muscle Max Krystyna
10 am-11 am Morning Tune-Up, Mobility Flow Lesli	10 am-11 am Low Impact Strength Kris			10:15 am -11:15 am Core and Restore Christine (Starts 9/11)	11:15 am-12:15 pm Muscle Max Krystyna	
5:30 pm-6:30 pm The Body Unplugged Lesli			5:30 pm-6:30 pm Cycle/core Sam			
7 pm-8 pm Vinyasa Flow Yoga Lesli	5:30 pm-6:30 pm Cycle/core Sam (Starts 9.15.26)	5:30-6:30 Pi-Pilates Lesli	7 pm-8 pm Zumba Celeste	5:30 pm - 6:30 pm Full Body Circuit Training Sam (SGT)		
7 pm-8 pm Zumba Celeste		7 pm-8 pm Vinyasa Yoga Flow Lesli				
Mind Body Studio (Upstairs)	Main Studio	Spin Studio 	SGT Room Small group training Room Upstairs from the main gym	**Instructors alternate weeks on teaching this class	\$\$ These classes have a \$10 fee for members, \$25 for non-members	*Pre-registration required for all classes

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 & Restore: 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.

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 light weights to the signature Zumba moves, you'll target and strengthen your arms, core, and lower body while burning calories and improving your coordination

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.

Full-Body Circuit Training is a full-body strength and conditioning class designed to improve muscular endurance, cardiovascular fitness, and overall athletic performance. After a dynamic warm-up, participants will rotate through various exercise stations using kettlebells, barbells, resistance bands, and other equipment. The class includes multiple rounds of circuit training, an ab-focused finisher, and light stretching for recovery. Modifications can be provided to accommodate different fitness levels.

Cycle 101: Meets the second Saturday of every month. This class is a beginner-friendly indoor cycling class focused on building confidence, endurance, and proper riding technique. Participants will work through simple cycling intervals at a lower intensity while riding to slower-paced music in a supportive environment. This class is perfect for anyone new to spin or looking for a more approachable cardio workout.

Muscle Max: Challenge your entire body with this energizing strength and conditioning workout designed to build muscular endurance, improve overall fitness, and keep you moving from start to finish. Muscle Max combines intervals of upper-body and lower-body strength work with cardio conditioning and focused core exercises for a complete, well-rounded workout.

Advanced Circuit Burn: Take your training to the next level with this high-intensity, full-body circuit designed for experienced exercisers ready to be challenged. Following a dynamic warm-up, participants will move through demanding strength and conditioning stations utilizing kettlebells, barbells, resistance bands, bodyweight exercises, and other functional training equipment. This class is best suited for intermediate to advanced fitness levels. Participants should be comfortable with strength-training movements, faster-paced transitions, and working at a challenging intensity. Modifications are available when appropriate