



# Group Fitness Class Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
5:30 AM	*BOOTCAMP		*BOOTCAMP		*BOOTCAMP
5:45 AM		Spinning		Spinning	
7:00 AM					
8:30 AM	Yoga	Spinning	Yoga	Spinning	Yoga
8:45 AM		Balance & Conditioning		Balance & Conditioning	
9:45 AM	Aqua Aerobics	Pilates Mat	Chair/Beginner Yoga	Tabata	
6:00 PM	Yoga		Yoga		

Classes in green are included with your membership dues.

\*Classes in red are fee based: Pilates Reformer & BOOTCAMP

**BOOTCAMP:** Fun total body workout. Cardio, core work and strength training! \*Fee Based: \$10.00 per class (your first class is free). Drop-in only, no sign-up necessary.

**BALANCE & CONDITIONING:** A variety of strength, flexibility and balance exercises practiced in a safe, gentle manner. Adaptable to a variety of skill levels and needs. The 45 minute class focuses on exercises to counter the aging process and promote the highest quality of life.

**BODY SCULPT:** Fun total body workout that includes cardio, core work and strength training in just 45 minutes. Class focuses on lighter weights, higher reps and caters to all skill levels.

**PILATES MAT:** Flatten your stomach, strengthen and stretch your entire body in a 45 minute class. Sculpt and shape your body with focused exercises that combine the suppleness of yoga with the strength benefits of weights!

**YOGA:** Mind, body and spirit are moved through a variety of poses in a 60 minute class. Strengthens the entire body, reduces stress and tension; promotes flexibility, muscle tone and relaxation. All levels encouraged.

**CHAIR YOGA:** A gentle (but strong) approach to yoga with seated and standing postures using a chair for balance. Poses focus on balance, breath, strength, flexibility and relaxation in a 45 minute class.

**BEGINNER YOGA:** Never tried yoga? Coming back from an injury/illness? This is the way to jumpstart your fitness regime. Basic poses broken down with modifications to suit your body; we move through floor and standing poses. This class is taught in conjunction with our Chair Yoga class.

**SPIN (Indoor Cycling):** A strong 60 minute workout focusing on endurance, strength, intensity and recovery. Adjustable Star Trac V-Bikes have a weighted flywheel that the member controls with guidance from the instructor. Go at your own pace; enjoy the fun music; get your heart pumping! Beginner to advanced levels in each class.