



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		Yoga		Yoga
8:45 AM		Balance & Conditioning		Balance & Conditioning	
9:30 AM					Zumba
9:45 AM	Aqua Aerobics	Pilates Mat	Chair/Beginner Yoga	Tabata	
6:00 PM	Yoga	Aqua Aerobics	Yoga		

Classes in green are included with your membership dues.

*Classes in red are fee based: 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.

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.

ZUMBA: Zumba is like a party for an hour of your day! Combining Latin and international music with dance moves that are easy to follow. Zumba routines incorporate interval training — alternating fast and slow rhythms — and resistance training for a total-body workout!

AQUA AEROBICS: Join us for a fun workout and stay cool! Tone and sculpt your body with a blend of cardio and resistance training; we incorporate buoyant water weights and noodles. The push/pull of the water increases muscle training and is a built-in safety barrier for joints. All levels encouraged and little swimming ability is 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.