



Group Fitness Class Schedule

| | Mondays | Tuesdays | Wednesdays | Thursdays | Fridays |
|---------|-----------|------------------------|---------------|------------------------|-----------|
| 5:30 AM | *BOOTCAMP | | *BOOTCAMP | | *BOOTCAMP |
| 5:45 AM | | Spin | | Spin | |
| 7:00 AM | | | | | |
| 8:30 AM | Yoga | Spin & Sculpt | Yoga | Spin & Sculpt | Yoga |
| 9:00 AM | | Balance & Conditioning | | Balance & Conditioning | |
| 9:30 AM | | | | | Zumba |
| 9:45 AM | | Pilates Mat | Beginner Yoga | Tabata | |
| 6:00 PM | Yoga | | 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.

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.

SPIN & SCULPT (Indoor Cycling): Spin, Sculpt, & SWEAT!!! If you are new to indoor cycling or have been enjoying the sport for a while, this class is for you. This Spin session offers a choreographed mix of upper body work, sprints, and core strength exercises merged with an upbeat playlist that promises to keep you energized at full capacity!

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!

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.