



Group Exercise

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am	 Erica	A.W.A.K.E Lori	 Erica	A.W.A.K.E Lori		
8:00am	Power Burn Lori		Spinnerval Lori	Core Lori	HIIT 30 Lori	
8:30am		 Momo		STRONG Lori		
9:00am	 Christie Aqua Cardio Jill	Aqua Strength Karen	 Christie Aqua Cardio Jill	Aqua Strength Karen	 Lori Aqua Cardio Jill	 Nicole
9:30am		Zumba Angie		Zumba Betina		
10:15am	Cycling Page Yoga Barbara	Cycling Sheila	Yoga Lori		Yoga Lori	
10:30am	Silver Sneakers Jill	Yoga Barbara	Silver Sneakers Jill		Silver Sneakers Jill	
11:30am	Sculpt & Tone Page		Sculpt & Tone Page			
5:30pm	Circuit Nicole		Power Pilates Nicole			
6:00pm		 Nicole		 Nicole		
6:30pm	Zumba Angie Cycling April	Cycling Sheila	Zumba Betina Cycling April			

Class Descriptions

AQUA CARDIO - A vigorous, non-stop cardio routine that is low impact on joints to increase muscle tone and strength, and improved flexibility. Fitness Level | All

AQUA STRENGTH – An energetic water workout utilizing the water’s resistance to build strength and power. Fitness Level | All

A.W.A.K.E. - A complete high-energy cardio and sculpting class using weights, bands, body bars and jump ropes.

BODYPUMP® - With some seriously motivational music playing, we’ll get your body moving and give you a terrific workout. By hitting all of your major muscle groups with low weights, BODYPUMP™ will sculpt your legs, chest, back, shoulders and abdominals with a satisfying stretch at the end! Fitness Level | All

CIRCUIT - Mix it up on Mondays! A little bit of everything! Step, Hi/Lo Cardio, Cycling, Kickboxing, and Resistance Training. You won’t get bored in this class! Fitness Level | All

CORE - is a quick class designed to build a powerful core. You will target abs, obliques, and glutes to help improve posture, balance, and stability. This investment in your core enhances your ability to lift heavier and achieve optimal performance in all physical feats

CYCLING - This class is an exhilarating, indoor workout set to great music and instruction! This exciting intense workout is done on a stationary bike. Bring your water bottle and towel. Fitness Level | All

HIIT 30 - This is a high intensity cardio workout that utilizes your own body weight with 30-second exercise intervals. Fitness Level | All

PLYO JAM – Cardio dance fitness class that combines short explosive plyometric exercises that tone, shape and transform your body while having FUN!. Fitness Level/ All

POP PILATES – Experience the ab-chiseling, total body defining moves of Pilates, choreographed to your favorite Top 40 hits. This mat-based workout challenges you to flow from one exercise to the next, developing a rock-solid core and lean, strong muscles. Fitness Level | All

POUND® - Using lightly weighted drumsticks, POUND transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

Fitness Level | All

POWER BURN - High energy class that combines aerobic moves, plyometric movements and intense drills.

POWER PILATES - Workouts designed to increase core strength, by stretching and strengthening muscles without adding bulk. Fitness Level | All

SCULPT & TONE - Get your lunchtime workout in! This class will include weights and music to keep the heart rate up. Fitness Level | All

SILVER SNEAKERS® - MUSCULAR STRENGTH & RANGE OF MOVEMENT - A variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a Silver Sneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

SPINNERVALS- Cycling with intervals of high intensity cardio/agility training.

STRONG- STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

YOGA - Experience the mind and body working together as a whole using strength, flexibility and the flow of movement while emphasizing control and breathing. This class is great for reducing stress. **Bring a sticky mat.** Fitness Level | All

ZUMBA - Ditch the workout and join the party! This is a Latin based aerobics class. Dance your way to a fitter you with exciting Latin moves and rhythms. No dance experience needed. Fun for all! Fitness Level | All