















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		
8:30am		 Momo		 Momo		
9:00am	 Erica Aqua Cardio Paige		Aqua Cardio Paige		 Tisma Aqua Cardio Paige	 Nicole
9:30am		Zumba Angie	Spinnerval Betsy	Zumba Betina		
10:15am	 Sheila Pop Pilates Erica	Cycling Sheila	Yoga Christine		Yoga Tisma	
10:15am	Silver Sneakers Christine				Silver Sneakers Christine	
11:15am	Express Shred Christine		Express Shred Christine			
5:30pm	Circuit Nicole		Power Pilates Nicole			
6:00pm		 Nicole		 Nicole		
6:30pm	 Angie Cycling April	Cycling Sheila	 Betina Cycling April			
7:00pm		Yoga Christine		Yoga Christine		

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

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

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

EXPRESS SHRED - This brand new express class will utilize your bodyweight as well as weights to strengthen your muscles and increase endurance. 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

POUND® UNPLUGGED- POUND Unplugged is a 30-minute class that balances focused, high-intensity exercises with restorative movements, rhythmic breathing and meditation. Quick, efficient and challenging, the workout guides participants through a deeply intentional journey designed to promote the health and fitness of the whole person – mental, physical and emotional. Fitness Level | All

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