

Group Exercise Class Schedule

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B
11:30-12:15	Power Cycle <i>Nicole</i>	Core Fit <i>Julia</i> <i>11:45-12:15</i>	Hard 'Core' Cycle <i>Angie</i>	Total Body Blitz <i>Kirsten</i>	Rev and Restore <i>Kordi</i> <i>11:45-12:30</i> NEW	Super Circuit <i>Darrel</i>	Zumba <i>Teresa</i>	Shred It! <i>Jamie</i>		Well Built <i>Kordi</i> NEW
12:20-1:05		Total Body Blitz <i>Nicole</i>	Indoor/ Outdoor Bootcamp <i>Jon</i>	Yoga <i>Julia</i>		Total Body Blitz <i>Angie</i>		Rock Bottoms <i>Kirsten</i>		Yoga <i>Shelley</i>

★ **Begins September 5** ★

This is a dynamic class schedule and will change with member needs.

Studio A – Cycle Studio

Studio B – Large Studio



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CORE FIT

Build a more stable, powerful abdomen and lower back to improve fitness, straighten posture and provide a foundation for active living – in only 30 minutes!

CYCLE EXPRESS

A 30-minute cycle class designed to boost your heart rate while developing your legs.

HARD 'CORE' CYCLE

The same great motivating high intensity cardio workout you will find in the power cycling class in only 30 minutes with a core component to help tone and tighten your midsection.

POWER CYCLE

Put your head down and ride! Motivating music & a little voice in your ear telling you to go, go, go. 45 minutes of steady, high intensity cardio. If you like to cycle, this class is for you - bring your water bottles and a towel. All fitness levels welcome!

REV AND RESTORE

Get maximum benefit with this two for one cycling workout. Start by “revving up” your cardiovascular system with hill climbs, sprints, and flats. Follow up with a restorative stretch and relaxation segment that will leave you feeling reinvigorated and refreshed.

ROCK BOTTOMS

Tone and strengthen your lower body and core. This class will help increase your lower body strength and endurance with upbeat music. Resistance methods include body weight, dumbbells, tubing, bosu balls and more!

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SHRED IT!

This is a workout designed for individuals who are experienced in the gym. It is a high intensity, high impact class that is go, go, go! Activities include plyometric and tabata training.

SUPER CIRCUIT

An anaerobic strength and conditioning class that utilizes explosive exercises, weights, and progressive cardiovascular overload. The goal is to train all muscles of the body, with an emphasis on the heart. This is an advance class that requires mental fortitude and all around fitness.

TOTAL BODY BLITZ

Fire up your cardiovascular and muscular systems throughout the week. This class will utilize weights, steps, tubing and gliders interspersed with cardio bouts.

WELL BUILT

Well Built is a class designed to strengthen and define every major muscle group in your body. This workout utilizes a variety of equipment including dumbbells, body bars, and tubing to improve muscular power, strength, and endurance. The self-paced format of this class will appeal to all levels from novice to advanced.

YOGA

Designed for all levels & beginners alike. Synchronize your breath with movement while bringing flexibility and strength to the body. Yoga mat required.

ZUMBA

Are you ready to party yourself into shape? Zumba® classes are 'fitness-parties' that blend upbeat Latin American rhythms with easy-to-follow choreography for a full body workout that's FUN!

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