



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
06:30 - 07:15										
11:30 - 12:15	Power Cycle <i>Shona/Nicole</i>		Hard Core Cycle <i>Kordi</i>			Super Circuit <i>Darrel</i>		Shred It! <i>Jamie</i>		Well Built <i>Kordi</i>
11:45 - 12:30				Well Built Express Kirsten <i>11:45-12:15</i>	Power Cycle Jon					
12:20 - 01:05		Total Body Blitz <i>Bridget/Nicole</i>	Yoga <i>Julia</i> <i>*Please bring your own mat</i>			Total Body Blitz <i>Teresa/Julia</i>		Rock Bottoms <i>Kirsten</i>		Yoga <i>Shelley</i> <i>*Please bring your own mat</i>

STARTS JULY 3, 2018

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

Studio A – Cycle Studio | Studio B – Large Studio



GROUP EXERCISE CLASS DESCRIPTIONS



CORE FIT EXPRESS

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 with a core component to help tone and tighten your midsection.

INDOOR/OUTDOOR BOOTCAMP

Head outside for an intense total body workout using bands, hills and body weight. Classes will be run in various areas on or near Prince's Island Park. **Weather permitting – If conditions are safe we will be heading outside.

POWER CYCLE

Put your head down and ride! 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 benefits 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

Strengthen and tone your lower body and core. This class will help increase your lower body strength and endurance using a variety of resistance methods including body weight, dumbbells, tubing, BOSU balls and more!

SHRED IT!

Build strength and develop your cardiovascular system with this full body, high intensity workout. A variety of equipment may be utilized, including; dumbbells, sandbags, stability balls, medicine balls and bikes.

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 advanced 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 bursts.

WELL BUILT

This is a strength based class designed to 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.

YOGA

Synchronize your breath with movement while bringing flexibility and strength to the body. *Designed for all levels **Please bring your own yoga mat.