



# GROUP WELLNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p> <b>Spin/SS</b> 5:15am-6:15am Kati</p> <p> <b>Core Intensity/AS1</b> 6:30am-7:30am Wendy</p> <p> <b>Group Power/AS2</b> 7:30am-8:30am Dana</p> <p> <b>Cardio Boxing/BL</b> 8:30am-9:15am Greg</p> <p> <b>Spin/SS</b> 8:30am-9:30am LaMont</p> <p> <b>Pilates/AS1</b> 9:30am-10:30am Ivy</p> <p> <b>Fit 4 Life/AS1</b> 10:30am-11:30am Francesca</p> <p> <b>Cardio Sculpt/AS2</b> 10:40am-11:40am Ivy</p> <p> <b>Barre/AS1</b> 5:30pm-6:30pm Wendy R.</p> <p> <b>Kundalini Yoga &amp; Med./YS</b> 6:30pm-7:45pm Kat</p> <p> <b>Group Power/AS2</b> 6pm-7pm Dana</p> <p> <b>HIIT/AS1</b> 6:30pm-7:30pm Wendy R.</p>	<p> <b>Boot Camp/Gym</b> 6:15am-7:15am LaMont</p> <p> <b>Spin Express/SS</b> 7:15am-8am Verity</p> <p> <b>Barre/AS1</b> 8am-9am Mary Jane</p> <p> <b>Turbo Sweat/Gym</b> 8:15am-9:15am Brandon</p> <p> <b>Gentle Yoga/YS</b> 9:15am-10:30am Susan Jones</p> <p> <b>Zumba/AS1</b> 9:30am-10:30am Kellz</p> <p> <b>Boxing/Boot Camp/Gym/BL</b> 9:30am-10:30am Greg</p> <p> <b>Pilates/AS1</b> 10:45am-11:45am Wendy R.</p> <p> <b>Full Body Stretch Express/YS</b> 12pm-12:45pm Wendy R.</p> <p> <b>Low Impact/AS2</b> 5:45pm-6:45pm Pam Ferrel</p> <p> <b>Cardio Jam/AS1</b> 6pm-7pm Brandon</p> <p> <b>Gentle Yoga &amp; Meditation/YS</b> 7:00pm-8:00pm Constance</p> <p> <b>Cardio Boxing/BL</b> 7:00pm-7:45pm Brandon</p>	<p> <b>TRX Class/AS1</b> 6:30am-7:30am Wendy R.</p> <p> <b>Group Power/AS2</b> 7:30am-8:30am Kelly</p> <p> <b>Cardio Boxing/BL</b> 8:30am-9:15am Greg</p> <p> <b>Pilates Barre/AS1</b> 8:30am-9:30am Francesca</p> <p> <b>Vinyasa Yoga/YS</b> 8:30am-9:30am Harvey</p> <p> <b>Zumba Burst/Gym</b> 9:00am-9:45am Kellz</p> <p> <b>Full Body Blast/AS1</b> 9:30am-10:30am Brad</p> <p> <b>Tai Chi/AS2</b> 11:45am-1pm Wendy M.</p> <p> <b>Hydro FIT/AP</b> 12pm-1pm Dana</p> <p> <b>Barre/AS1</b> 12pm-1pm Mary Jane</p> <p> <b>Hip Hop/AS1</b> 6pm-7pm Brandon</p> <p> <b>Kundalini Yoga &amp; Meditation/YS</b> 6:30pm-7:45pm Kat</p> <p> <b>Total Body Conditioning/AS2</b> 6:30pm-7:30pm Wendy R.</p>	<p> <b>Spin/SS</b> 5:15am-6:15am Kati</p> <p> <b>Boot Camp/Gym</b> 6:15am-7:15am LaMont</p> <p> <b>Hydro HIIT/OP</b> 6:30am-7:30am Wendy R.</p> <p> <b>Power Yoga/YS</b> 7:00am-8:00am Harvey</p> <p> <b>TRX Class/AS1</b> *RSVP for Spot 7:15am-8:15am Maria</p> <p> <b>Turbo Sweat/Gym</b> 8:15am-9:15am Brandon</p> <p> <b>Boot Camp/Gym</b> 9:30am-10:30am Kelly G.</p> <p> <b>Barre/AS1</b> 9:30am-10:30am Wendy R.</p> <p> <b>Fit 4 Life/AS1</b> 10:30am-11:30am Dana</p> <p> <b>Pilates/AS1</b> 12pm-1pm Ivy</p> <p> <b>Group Power/AS2</b> 6pm-7pm Dana</p> <p> <b>Open Yoga/YS</b> 6:30pm-7:45pm Francesca</p> <p> <b>TRX/AS1</b> 6:30pm-7:30pm Wendy R.</p>	<p> <b>Group Power/AS2</b> *RSVP for Spot 7:30am-8:30am Michelle</p> <p> <b>Cardio Boxing/BL</b> 8:15am-9:00am Brandon</p> <p> <b>Spin/SS</b> 8:30am-9:30am LaMont</p> <p> <b>Pilates Barre/AS1</b> 8:45am-9:45am Francesca</p> <p> <b>Zumba Burst/Gym</b> 9:00am-9:45am Kellz</p> <p> <b>Open Yoga/YS</b> 9:45am-11am Susan Jones</p> <p> <b>Fit 4 Life/AS1</b> 11am-12pm Wendy R.</p> <p> <b>Tai Chi/AS2</b> 11:45am-1pm Wenling</p> <p> <b>Barre/AS1</b> 12pm-1pm Mary Jane</p> <p> <b>Turbo Sweat/AS1</b> 6pm-7pm Brandon</p>	<p> <b>Boot Camp/Gym</b> 7am-8am LaMont</p> <p> <b>Spin/SS</b> 7:15am-8:15am Sue</p> <p> <b>Step &amp; Sculpt/AS2</b> 8:00am-9:30am Pam</p> <p> <b>Spin/SS</b> *RSVP for Bike 8:30am-9:30am LaMont</p> <p> <b>Barre/AS1</b> 8:30am-9:30am Wendy R.</p> <p> <b>Gentle Yoga/YS</b> 9am-10:15am Francesca</p> <p> <b>Zumba/AS1</b> 9:30am-10:30am Wendy R.</p> <p> <b>TRX/AS1</b> 10:30am-11:30am Wendy R.</p>	<p> <b>Group Power/AS2</b> *RSVP for Spot 8:30am-9:30am Michelle</p> <p> <b>Spin/SS</b> *RSVP for Bike 8:30am-9:30am Wendy C.</p> <p> <b>Barre/AS1</b> 8:30am-9:30am Mary Jane</p> <p> <b>Core Express/AS1</b> 9:45am-10:30am Wendy R.</p> <p> <b>Spin Express/SS</b> 9:45am-10:30am Pam</p> <p> <b>Hatha Yoga/AS1</b> 10:45am-12:00pm Francesca</p>

**SPIN**- Whether you're a serious cyclist or just love the calorie burn of Spinning, this is the class for you!

**TRX CLASS**- Born in the Navy SEALs, TRX Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

Key: = Strength/Weight Classes   = Spin Classes   = Boxing Classes   = Yoga/Meditation/Stretch Classes   = Senior Classes  
 = Pilates/Barre Classes   = Dance Classes   = Aquatic Classes   = Cardio Based Fitness Classes



# GROUP WELLNESS SCHEDULE

**CORE INTENSITY-** High intensity exercises involving Core and more. What else could you ask for?

**GROUP POWER®-** Group Power® is Your Hour of Power! Blast all your muscles with this high-rep weight training workout.

**CARDIO BOXING-** An intense cardio class where you will throw punches in bunches and do boxing style ab work! Increase your physical and mental strength and awareness!

**ZUMBA®-** A super fun high-energy cardio dance workout based on international music and dance styles.

**PILATES-** Improve core strength, flexibility, body awareness, proper breathing, and posture. Great low impact option, preventing stress on joints.

**FIT 4 LIFE-** Grab a chair for support... or don't!! This class moves through a variety of movements and exercises to keep our older active adults healthy and mobile.

**CARDIO SCULPT-** 1/2 hour of easy to follow Aerobic dance routines, and 1/2 hour of weights working upper body, legs and glutes.

**YOGA AND MEDITATION (Open Level) -** Calm your body and mind through a well-rounded asana practice, followed by a 20-minute guided meditation. All levels are welcome to this centering class.

**HIIT CLASS (HIGH INTENSITY INTERVAL TRAINING) -** HIIT class is a total body, heart pumping, aerobic, and strength and conditioning workout.

**BOOT CAMP-** MAXIMUM calorie burn with 60 minutes of intense interval exercises and partners drills. Boot camp is indoors so you have no excuses. Rain or Snow we're here to work!

**BARRE CLASS-** Based on the Lotte Berk Method we offer a Barre class with dance derived postures that contain elements of ballet, yoga, and Pilates.

**TURBO SWEAT-** If you're looking for the ultimate calorie burn, bring your towel because this class will leave you wiping the floor! Come to class ready because you will be in turbo mode for a full hour!

**GENTLE YOGA (Basic/ Open Level)-** Increase flexibility, strength, and peace of mind with our most easeful yoga offering. Open to all levels!

**FULL BODY STRETCH-** Stretching is a vital part of any exercise routine. Gives your muscles the ability to lengthen, expand, and restore with this one hour class.

**LOW IMPACT-** Get in your weights, cardio, and core without excess stress on your body!

**CARDIO JAM-** Torch calories and improve cardio. Learn choreographed dances and Brandon might even throw in some kick boxing moves!

**MEDITATION-** Learn a new form of meditation each week with proven benefits including: reducing anxiety, improving memory and creativity and helping sleeplessness. The 45 minute session begins with some gentle stretches before discussing and then experiencing guided meditation.

**PILATES BARRE-** Combine Pilates with Barre and you've got yourself one heck of a fitness class! See description above for more information.

**VINYASA YOGA (Intermediate/ Advanced) –** Get energized while you build strength and flexibility. This upbeat, creative yoga practice, seamlessly linking breath and movement, will keep you present as you learn to move gracefully in and out of poses.

**FULL BODY BLAST-**Go ahead, challenge yourself! This total body blowout combines strength and high energy cardio. It's a perfect way to sculpt your body while having a BLAST!

**TAI CHI-** Often described as meditation in motion, Tai Chi connects the mind and body through graceful movements. This ancient Chinese martial art helps relieve physical stress on the body with relaxation and coordination exercises.

**TOTAL BODY CONDITIONING-** Who knows what kind of equipment you'll come across in this class! We know one thing...strength and cardio will not be ignored in this class! 60 minutes of total body!

**HYDRO HIIT-** Shred calories and get strong in the water. Try our boot camp style high intensity training...in a pool...Enough said!

**BODY BLEND-** You'll feel as if you've been thrown in the blender after our combination of strength, core, and balance that gives members a unique total body workout!

**HATHA YOGA-** Hatha is an alignment oriented practice that emphasizes the form with emphasis on core strength, flexibility, balance, concentration, and breathing

**STEP & SCULPT-** Anyone can do this hour and a half class! Great cardio for about 45 minutes followed by weights, abs, and a nice stretch! This class covers it all!

**TONE & STRETCH EXPRESS-** 30 min toning on mats including exercises like planks and leg lifts...then a 15 min stretch.

**GENTLE YOGA & MEDITATION-** Approximately 20 minutes of slow, mindful, movements that nurture the body. Use of props is encouraged! All body types, injuries, and conditions welcome! Once the body is relaxed from the day, class continues to help you quiet your mind with the meditation portion! Brief discussion at the end of class!

**KUNDALINI YOGA & MEDITATION-** An uplifting blend of spiritual and physical practices, Kundalini Yoga incorporates movement, dynamic breathing techniques, meditation, and the chanting of mantras, such as Sat Nam, meaning "truth is my identity." The goal is to build physical vitality and increase consciousness!

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