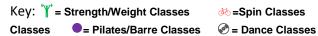
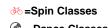
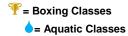
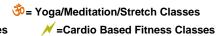
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin/SS	¥ Boot Camp/Gym	"TRX Class/AS1	Ճ Spin/SS	✓ Group Power/AS2		
5:15am-6:15am <i>Kati</i>	6:15am-7:15am <i>LaMont</i>	6:30am-7:30am <i>Wendy R.</i>	5:15am-6:15am <i>Kati</i>	*RSVP for Spot 7:30am-8:30am	7am-8am <i>LaMont</i>	
Nau	Lawont	Wendy N.	Nau	Michelle	Lawoni	
Core Intensity/AS1	Spin Express/SS	Y Group Power/AS2	Y Boot Camp/Gym	®O-adia Davis s/DI	 ♣ Spin/SS	
6:30am-7:30am <i>Wendy</i>	7:15am-8am Verity	7:30am-8:30am <i>Kelly</i>	6:15am-7:15am <i>LaMont</i>	YCardio Boxing/BL 8:15am-9:00am	7:15am-8:15am Sue	
•	,	_		Brandon		
Y Group Power/AS2 7:30am-8:30am	Barre/AS18am-9am	YCardio Boxing/BL 8:30am-9:15am	♦Hydro HIIT/OP 6:30am-7:30am	š Spin/SS	✓ Step & Sculpt/AS2 8:00am-9:30am	"Group Power/AS2 *RSVP for Spot
Dana	Mary Jane	Greg	Wendy R.	8:30am-9:30am	Pam	8:30am-9:30am
 FCardio Boxing/BL		Pilates Barre/AS1	YTRX Class/AS1	LaMont	is Spin/SS	Michelle
8:30am-9:15am	8:15am-9:15am	8:30am-9:30am	*RSVP for Spot	Pilates Barre/AS1	*RSVP for Bike	 Spin/SS
Greg	Brandon	Francesca	7:15am-8:15am	8:45am-9:45am	8:30am-9:30am	*RSVP for Bike
š Spin/SS	∳Gentle Yoga/YS	⋄Vinyasa Yoga/YS	Maria	Francesca	LaMont	8:30am-9:30am <i>Wendy C.</i>
8:30am-9:30am	9:15am-10:30am	8:30am-9:30am			●Barre/AS1	Worldy C.
LaMont	Susan Jones	Harvey	⊘ Turbo Sweat/Gym	9:00am-9:45am	8:30am-9:30am	Barre/AS1
	⊘ Zumba/AS1	⊘ Zumba Burst/Gym	8:15am-9:15am Brandon	Kellz	Wendy R.	8:30am-9:30am <i>Mary Jane</i>
Pilates/AS1	9:30am-10:30am	9:00am-9:45am		♦Hydro FIT/AP	⊕Gentle Yoga/YS	,
9:30am-10:30am <i>Ivy</i>	Kellz	Kellz	Y Boot Camp/Gym 9:30am-10:30am	9:30am-10:30am <i>Dana</i>	9am-10:15am Francesca	Y Core Express/AS1 9:45am-10:30am
ivy	 PBoxing/Boot	♦Hydro FIT/AP	Kelly G.	Dalla	Francesca	Wendy R.
©Fit 4 Life/AS1	Camp/Gym/BL	9:30am-10:30am		♦Open Yoga/YS	⊘Zumba/AS1	
10:30am-11:30am Francesca	9:30am-10:30am <i>Greg</i>	Dana		9:45am-11am Susan Jones	9:30am-10:30am <i>Wendy R.</i>	Spin Express/SS 9:45am-10:30am
			Barre/AS1	_	-	Pam
✓ Cardio Sculpt/AS2 10:40am-11:40am	ॐTai Chi/AS2	Ϋ́ Full Body	9:30am-10:30am	©Fit 4 Life/AS1	Ϋ́TRX/AS1	\$11-4h - V /A 04
10:40am-11:40am <i>lvy</i>	10:30am-11:30am Wenling	Blast/AS1 9:30am-10:30am	Wendy R.	11am-12pm <i>Wendy R.</i>	10:30am-11:30am <i>Wendy R.</i>	Hatha Yoga/AS1 10:45am-12:00pm
,	, and the second	Brad	_		,	Francesca
	•Pilates/AS1 10:45am-11:45am	⊕Tai Chi/AS2	©Fit 4 Life/AS1 10:30am-11:30am	●Barre/AS1 12pm-1pm		
	Wendy R.	11:45am-1pm	Dana	Mary Jane		
	ॐFull Body Stretch	Wendy M.				
	Express/YS	♦Hydro FIT/AP	Pilates/AS1			
	12pm-12:45pm	12pm-1pm	12pm-1pm			
	Wendy R.	Dana	lvy			
		●Barre/AS1				
●Barre/AS1		12pm-1pm <i>Mary Jane</i>				
5:30pm-6:30pm		iviary Jane				
Wendy R.						
Kundalini Yoga &			W Crown D/400			
Med./YS			Y Group Power/AS2 6pm-7pm	⊘ Turbo Sweat/AS1		
6:30pm-7:45pm <i>Kat</i>			Dana	6pm-7pm <i>Brandon</i>		
		6pm-7pm		DianuUn		
Y Group Power/AS2	Low Impact/AS2	Brandon	⋄ Open Yoga/YS			
6pm-7pm <i>Dana</i>	5:45pm-6:45pm Pam Ferrel		630pm-7:45pm			
		ॐKundalini Yoga &	Francesca			
✓ HIIT/AS1 6:30pm-7:30pm		Meditation/YS 6:30pm-7:45pm	¥ 20Spin/20			
Wendy R.	Brandon	6:30pm-7:45pm Kat	Strength/20 Core 6:30pm-7:30pm			
•	A Complex Vision C		Wendy R.			
		Ϋ́ Total Body Conditioning/AS2				
	6:00pm-7:15pm	6:30pm-7:30pm				
	Wenling	Wendy R.				
	₹Cardio Boxing/BL					
	7:00pm-7:45pm Brandon					

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













20 SPIN/ 20 STRENGTH/ 20 CORE- This class is designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes of spin, 20 minutes of weight training, and 20 minutes of core, back to back, all in one workout!

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

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 mediation 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 guiet 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!

