



GROUP WELLNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin, SS 5:15am-6:15am <i>Kati</i>	Boot Camp, Gym 6:15am-7:15am <i>LaMont</i>	RUNNING CLUB *FRONT DESK MEETING LOCATION 6:30am- 7:30am	Spin, SS 5:15am-6:15am <i>Kati</i>	Spin, SS 6:30am-7:30am <i>Pam</i>	Boot Camp, Gym 7am-8am <i>LaMont</i>	
Core Intensity, AS1 6:30am-7:30am <i>Wendy</i>	Spin, SS 8am-9am <i>Verity</i>	Spin, SS 6:30am-7:30am <i>Pam</i>	Boot Camp, Gym 6:15am-7:15am <i>LaMont</i>	Hydro HIIT, OP 6:30am-7:30am <i>Wendy R.</i>	Spin, SS 7:15am-8:15am <i>Sue</i>	
Group Power, AS2 7:30am-8:30am <i>Dana</i>	Body Barre, AS1 8am-9am <i>Mary Jane</i>	TRX/Core, AS1 6:30am-7:30am <i>Wendy</i>	TRX Infusion, AS1 *RSVP for Spot 7:15am-8:15am <i>Maria</i>	Tai Chi/ Yoga, YS 7am-8:15am <i>Wenling</i>	RUNNING CLUB 7:30am-8:30am *FRONT DESK MEETING LOCATION	Group Power, AS2 *RSVP for Spot 8:30am-9:30am <i>Michelle</i>
Jabs and Abs, BL 8:30am-9:15am <i>Greg</i>	Turbo Sweat, Gym 8:15am-9:15am <i>Brandon</i>	Group Power, AS2 7:30am-8:30am <i>Kelly</i>	Turbo Sweat, Gym 8:15am-9:15am <i>Brandon</i>	Group Power, AS2 *RSVP for Spot 7:30am-8:30am <i>Michelle</i>	Step & Sculpt, AS2 8:00am-9:30am <i>Pam</i>	Spin, SS *RSVP for Bike 8:30am-9:30am <i>Wendy</i>
Spin, SS 8:30am-9:30am <i>LaMont</i>	Gentle Yoga, YS 9:15am-10:30am <i>Susan Jones</i>	Pilates BARRE, AS1 8:30am-9:30am <i>Francesca</i>	Spin Fit, SS 9:15am- 10:15am <i>Verity</i>	Cardio Boxing, BL 8:15am-9:00am <i>Brandon</i>	Spin, SS *RSVP for Bike 8:30am-9:30am <i>Wendy</i>	Body Barre, AS1 8:30am-9:30am <i>Mary Jane</i>
Zumba, AS2 9:30am-10:30am <i>Marlyn</i>	Zumba, AS1 9:45am-10:45am <i>Wendy</i>	Vinyasa Yoga, YS 8:30am-9:30am <i>Megan</i>	Body Barre, AS1 9:30am-10:30am <i>Wendy</i>	Spin, SS 8:30am-9:30am <i>LaMont</i>	Body Blend AS1 8:30am-9:30am <i>Wendy</i>	Zumba, AS1 9:30am-10:30am <i>Wendy</i>
Pilates, AS1 9:30am-10:30am <i>Ivy</i>	Pilates, AS1 10:45am-11:45am <i>Wendy</i>	Full Body Blast, AS1 9:30am-10:30am <i>Brad</i>	Fit 4 Life, AS1 10:30am-11:30am <i>Dana</i>	Zumba, AS2 9:00am-10:00am <i>Marlyn</i>	Gentle Yoga, YS 9am-10:15am <i>Francesca</i>	Spin, SS 9:45am-10:45am <i>Pam</i>
Fit 4 Life, AS1 10:30am-11:30am <i>Francesca</i>	Full Body Stretch, YS 11:45am-12:45pm <i>Wendy</i>	Spin, SS 10:30am-11:30am <i>Verity</i>	Pilates, AS1 12pm-1pm <i>Ivy</i>	TIME CHANGE! Pilates BARRE, AS1 8:45am-9:45am <i>Francesca</i>	Zumba, AS1 9:30am-10:30am <i>Wendy</i>	Hatha Yoga, AS1 10:45am-12:00pm <i>Francesca</i>
Cardio Sculpt, AS2 10:40am-11:40am <i>Ivy</i>		Tai Chi, AS2 11:45am- Beg.* 12pm-1pm <i>Wendy</i>		Open Yoga, YS 9:45am-11am <i>Susan Jones</i>	TRX/Core, AS1 10:30am-11:30am <i>Wendy</i>	
Spin, SS 10:45am-11:45am <i>Verity</i>		Body Barre, AS1 12pm-1pm <i>Mary Jane</i>		Fit 4 Life, AS1 11am-12pm <i>Wendy</i>	Vinyasa, YS 10:30am-11:45pm <i>Constance</i>	
	Low Impact, AS2 5:45pm-6:45pm <i>Pam Ferrel</i>		Group Power, AS2 6pm-7pm <i>Dana</i>	Body Barre, AS1 12pm-1pm <i>Mary Jane</i>		
Cut Above, AS1 5:30pm-6:30pm <i>Ivy</i>	Cardio Jam, AS1 6pm-7pm <i>Brandon</i>	Zumba, AS1 6pm-7pm <i>Brandon</i>	Spin, SS 6pm-7pm <i>Michelle</i>			
NEW INSTRUCTOR! Yoga & Med. YS 6:30pm-7:45pm <i>Kathryn</i>	Meditation, YS 7:00pm-7:45pm <i>Constance</i>	WALKING GROUP 6:00pm-7:00pm *FRONT DESK MEETING LOCATION	Open Yoga, YS 6:30pm-7:45pm <i>Francesca</i>			
Group Power, AS2 6pm-7pm <i>Dana</i>	Cardio Boxing, BL 7:00pm-7:45pm <i>Brandon</i>	RUNNING CLUB *FRONT DESK MEETING LOCATION 6:30pm- 7:30pm	On The Ball, AS1 6:30pm-7:30pm <i>Wendy</i>	Full Body Stretch, YS 5pm-6pm <i>Wendy</i>		
HIITClass, AS1 6:30pm-7:30pm <i>Wendy</i>		Total Body Conditioning AS2 6:30pm-7:30pm <i>Wendy</i>		Turbo Sweat, AS1 6pm-7pm <i>Brandon</i>		

Key: AS1= Aerobics Studio 1
AS2= Aerobics Studio 2

SS=Spin Studio
YS= Yoga Studio

Gym= Gymnasium
MR1/2= Meeting Room 1 or 2

BL= Boxing Loft
OP=Olympic Pool



GROUP WELLNESS SCHEDULE

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

TRX/CORE- This class will help build balance, strength, and core with a combination of weighted and TRX suspension exercises, no muscle will feel left out here!

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.

JABS AND ABS- An Intense cardio class where you will throw punches in bunches and do boxing style ab work!

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.

CUT ABOVE- If you are looking for more definition and improved cardiovascular endurance try this class. Our combination cardio and strength workout will give you amazing results!

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 FIT (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!

BODY BARRE- 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.

CARDIO BOXING- 1-2!! 1-2-3!! You'll hear a lot of this for the next hour as you increase your awareness, power, and cardio with physical and mental training using intense boxing exercises!

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!

TRX INFUSION – No hanging around in this interval style intense total body workout on a TRX! **(16 spots available)**

SPIN FIT- Not your typical spin class! Spin intervals on the bike with muscle draining weight exercises off.

ON THE BALL – Let's Roll! Join us for a unique and fun approach to fitness by using stability balls to balance, shape and strengthen your body.

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!