

GROUP CLASS SCHEDULE

Effective January 1, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am Cycle Circuit	6:00am Cycle & Core	5:30am BODYPUMP®	6:00am Cycle & Stretch		
7:45am Step	8:00am BODYPUMP®	7:45am Step	8:00am BODYPUMP®	7:45am Step	7:00am Cycle 45
9:00am BODYPUMP®	9:00am Zumba® Toning	9:15am Cycle & Strength	9:00am Zumba® Toning	9:15am Cycle & Strength	8:00am Rock I.T.
10:45am Pilates	10:15am Yoga Essentials	10:15am Barre Strength	10:15am Barre Strength	9:15am Zumba®	9:05am BODYPUMP®
				10:30am Pilates	10:15am Vinyasa Yoga 75
12:00pm Barre Strength	12:00pm Pure Strength	12:00pm Yoga Essentials	12:00pm Pure Strength	12:00pm Yoga Essentials	
		12:15pm Cycle Express 30			
5:15pm Pilates + Yoga	5:00pm Barre Strength	5:15pm BODYPUMP®	5:00pm BODYATTACK® 45		
5:30pm Cycle 45	6:00pm Vinyasa Yoga	6:15pm Cycle & Core	6:00pm Vinyasa Yoga		
6:15pm BODYPUMP®	7:05pm Meditation 45		6:15pm Cycle 45		

Group Exercise Studio
 Cycle Studio

CLASS DESCRIPTIONS

GROUP EXERCISE

Barre Strength	A Barre fusion class that focuses on creating a sculpted, lean, and flexible body.
BODYATTACK®	<i>Les Mills</i> BODYATTACK® is a high-energy, sports-inspired cardio workout that builds strength and stamina.
BODYPUMP®	This <i>Les Mills</i> class focuses on low weight and repetitions to burn fat and gain strength. The original barbell workout that strengthens, tones, and defines. Get real results really fast.
Meditation	A class with relaxation techniques and a focus on developing more inner awareness.
Pilates	The focus on core engagement and proper breathing, while working in neutral spine, will improve your posture, improve back health, and tone your entire body from the inside out. Great for mind/body enthusiasts and those cross training. Even athletes find Pilates exercise improves their performance!
Pilates + Yoga	This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.
Pure Strength	Hard core muscular strength and endurance training. Take your muscles to their limit in this TOTAL body shredding workout! A variety of strength equipment will be used as well as your own body weight for great functional fitness!
Rock I.T.	Build strength, cardio endurance, and overall stamina in this high-energy interval training workout. Build your rock hard body!
Step	Our step class keeps your heart pumping with fun choreography that delivers a great cardio workout.
Vinyasa Yoga	Vinyasa-style yoga for experienced participants combining a series of dynamic, flowing postures with deep rhythmic breathing for an overall mind body workout designed to release tension, build strength and increase endurance and flexibility. The challenge of this class will be created by altering the pace or duration of poses, and the frequency that they are repeated.
Yoga Essentials	An all-levels yoga practice focusing on the foundations and benefits of basic postures, safe alignment, and breathing.
Zumba®	A fun-filled dance class to rev up your cardio! Based on international rhythms. It's a party!
Zumba® Toning	All the Zumba cardio you love with some segments using light hand weights for upper body toning.

CYCLE

Cycle Express 30	Short on time? Get your heart racing with this express version of your favorite cycle workout.
Cycle Circuit	Circuits of cycling and resistance training provide your strength and cardio workout. Interval training of cardio and strength is a highly effective training method!
Cycle & Core	Get a great cardio rush in this 45-minute cycle class, followed by 15 minutes of core exercises that will strengthen you and improve your posture.
Cycle 45	Pedal to aerobic fitness while experiencing the thrill of the ride! Suitable for all levels.
Cycle & Strength	A great all-in-one workout! Crank out 45 minutes of cardio on the bike then build total-body strength for 15 minutes to maximize calorie burn.
Cycle & Stretch	Enjoy a 45-minute cardio workout on the bike followed by 15 minutes of restorative stretching to help your muscles recover and prevent injury.