

GROUP CLASS SCHEDULE

Effective January 1, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am Cycle & Core	5:30am BODYPUMP™	6:00am Cycle & Stretch			
7:45am Step	7:00am BODYCOMBAT™	7:45am Step	8:00am BODYPUMP™	7:45am Step	7:00am Cycle 45	
9:00am BODYPUMP™	8:00am BODYPUMP™	9:15am Cycle & Strength	9:00am Zumba® Toning	9:15am Cycle & Strength	8:00am Athletic Conditioning	8:45am BODYPUMP™ 45
9:15am Cycle & Strength	9:00am Zumba™ Toning	9:15am Vinyasa Yoga	10:15am Barre	9:15am Dance Fusion	9:05am BODYPUMP™	9:30am BODYCOMBAT™
10:30am Pilates	10:15am Yoga Essentials	10:15am BODYCOMBAT™		10:30am Pilates	10:15am Vinyasa Yoga 75	
12:00pm HIIT 30	12:00pm Strength Challenge	12:00pm Yoga Essentials	12:00pm Athletic Conditioning	12:00pm Yoga Essentials		
12:30pm BODYCOMBAT™		12:15pm Cycle Express 30				
	5:00pm Barre	5:15pm BODYPUMP™	4:30pm Athletic Conditioning			
5:30pm Cycle 45	6:00pm Vinyasa Yoga	5:30pm Cycle 45	6:00pm Vinyasa Yoga			
6:15pm BODYPUMP™						

Group Exercise Studio
 Cycle Studio

CLASS DESCRIPTIONS

GROUP EXERCISE

Athletic Conditioning	Take your fitness to the next level with this challenging cardio and strength workout with music and coaching to inspire you to work your hardest.
Barre	A Barre fusion class that focuses on creating a sculpted, lean, and flexible body.
BODYCOMBAT™	Les Mills' high-energy, non-contact, martial-arts inspired workout. Punch and kick your way to fitness.
BODYPUMP™	This barbell class strengthens all major muscles in a motivating group environment.
Dance Fusion	A dance-inspired workout that's great exercise but feels more like a dance party. Cardio and toning elements are "fused" into easy-to-follow dance moves set to your favorite songs!
HIIT 30	High intensity interval training for maximum metabolic burn!
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!
Strength Challenge	Perform compound, dynamic, and isolated strength exercises using a variety of equipment or body weight for a total body workout. Expect a challenge!
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® Toning	All the Zumba dance 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 & 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.