



# GROUP FITNESS SCHEDULE

## MONDAY

6:15 AM-7:00 AM  
**SPINNING**  
Susana

10:00 AM-11:00 AM  
**YOGA/PILATES  
FUSION**  
Kim

5:15 PM-6:00 PM  
**TBG+**  
Annie

6:00 PM-7:00 PM  
**SPINNING**  
Susana

## TUESDAY

6:05 AM – 6:50 AM  
**CARDIO KICKBOX**  
Jana

7:00 AM-7:45 AM  
**PILATES**  
Barb

8:00 AM-8:45 AM  
**CARDIO BLAST**  
Barb

5:15 PM-6:00 PM  
**WATER AEROBICS**  
Donna

5:15PM-6:00 PM  
**TABATA**  
Annie

6:15 PM-7:00 PM  
**BOOT CAMP  
WATER AEROBICS**  
Donna Boucher

6:15 PM-7:45 PM  
**KID'S MARTIAL ARTS**  
*\*Must be 7+ yrs. old*  
Mellody

## WEDNESDAY

6:15 AM-7:00 AM  
**FLEX SPIN**  
Susana

8:00 AM-8:45 AM  
**PILATES**  
Barb

9:00 AM-9:45 AM  
**WATER AEROBICS**  
Barb

9:00 AM-9:45 AM  
**TBG**  
Erica

9:45 AM-10:30 AM  
**WATER PILATES**  
Barb

10:00 AM-11:00 AM  
**FLEX & FLOW YOGA**  
Kim

5:15 PM-6:00 PM  
**TOTAL BODY**  
Annie

6:00 PM-6:45 PM  
**SPINNING**

6:15 PM-7:00 PM  
**CARDIO KICKBOX**  
Annie

## THURSDAY

6:05 AM – 6:50 AM  
**CARDIO KICKBOX**  
Jana

7:00 AM-7:45 AM  
**PILATES**  
Barb

8:00 AM-8:45 AM  
**CARDIO BLAST**  
Barb

5:15 PM-6:00 PM  
**SWEAT & SCULPT**  
Annie

7:00 PM-8:00 PM  
**YOGA**  
Tom

## FRIDAY

6:15 AM-7:00 AM  
**LITE SPIN**  
Susana

8:30 AM-9:15 AM  
**WATER AEROBICS**  
Donna

9:00 AM-9:45 AM  
**TBG**  
Erica

9:30 AM-10:15 AM  
**DEEP WATER  
AEROBICS**  
Donna

10:00 AM-11:00 AM  
**FLEX & FLOW YOGA**  
Kim

11:15 AM-12:00 PM  
**LINE DANCING**  
Katy

## SATURDAY

8:05 AM-8:50 AM  
**KICKBOX FUSION**  
Annie/Donna

8:05 AM-8:50 AM  
**PILATES**  
Barb

9:15 AM-10:00 AM  
**WATER AEROBICS**  
Annie/Donna

10:30 AM-12:00 PM  
**KID'S MARTIAL ARTS**  
*\*Must be 7+ yrs. old*  
Mellody

## SUNDAY

12:15 PM-1:00 PM  
**TABATA**  
Annie

### DROP-IN CLASS FEES

\$4/MEMBER

\$7/NON-MEMBER

### PUNCH CARDS

\$35/MEMBER

\$65/NON-MEMBER



CLASS DESCRIPTIONS ARE  
ON THE OTHER SIDE!

SCHEDULE UPDATED 11/07/2018



# GROUP FITNESS CLASS DESCRIPTIONS

## CARDIO



**CARDIO BLAST** - This is a total body stretching, toning, and cardio class designed to improve your overall flexibility and build muscle strength.

**CARDIO KICKBOXING** – This class is a combination of cardio, boxing, and martial arts providing a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance.

**FLEX SPIN** - A great class for beginner or first time spinners! This workout combines a 30-minute spin session with 30-minutes of weights. It is a “heart-pounding, yet low-impact, set your own pace” kind of class.

**KICKBOX FUSION** - A fusion of kickboxing and muscle strengthening with intervals of each to maximize your workout. It’s an energetic, fun class for all fitness levels.

**SPINNING** - This indoor group cycling workout will take you on a visual bike ride, complete with motivating music. If you are looking to burn calories and have fun then this class is for you!

## STRENGTH



**BOTH SIDES UP** – A total body workout structured around the uses of both sides of the BOSU. Come improve your balance, flexibility, sharpen reflexes and reshape your body.

**SWEAT & SCULPT**– Combines both cardio and total body sculpting for a high to low cardio workout followed by a muscle conditioning portion. The instructor might also follow an interval-type pattern of exercising where cardio is mixed with the muscle conditioning portion.

**TABATA**- This high intensity training will be conducted in short interval cycles with small amount of rests. The workout is great for individuals training for performance activities.

**TBG (THIGHS, BUTTS, AND GUTS)**- Burn and firm with this 45 minute toning workout that incorporates small bursts of cardio. This workout is amazingly varied, yet easy to follow.  
*\*Note the TBG+ is a more intense TBG class that also works out upper body.*

**TOTAL BODY** – A strength training class targeting major muscle groups using various equipment and body weight. Total Body incorporates bursts of cardio into movements intended to help you tone all major muscles.

## MIND & BODY



**PILATES**– Inhale and exhale during this class to improve your core strength, flexibility, and agility. Beginners are welcome!

**YOGA** – This class is set up around the principles of total body awareness and conditioning through Balance, Core, and Endurance training in a Vinyasa flow format. Participants will understand breathing and limitations through the stretch. We will be working with 3 styles of yoga including Anusara, Forrest, and Shadow with the core and leg training of Joseph Pilates.

**FLEX & FLOW YOGA** – This Vinyasa based yoga class builds heat, flexibility, balance, and strength, while maintaining focus on proper alignment and sound structure. Poses may be held for a brief period of time and will flow together to unite the body with the breath and mind. Special emphasis is placed on moving into and out of poses safely, correct alignment, using the breath, and learning to quiet the chatter of the mind.

**YOGA/PILATES FUSION**- Each class will start with a yoga focus period and several flowing yoga warm-up poses. The class will move through a series of pilates exercises that will focus on strengthening and conditioning the core muscles. The class will end with a yoga stretch and then a final relaxation period to calm the mind and the body.

## WATER



**WATER AEROBICS** – Need to spice up your exercise regimen? The water will provide you great resistance and add an extra challenge to your cardiovascular workout. Classes are set to music and are sure to make you break a sweat in the water! Appropriate for all levels, deep and shallow classes.