



## MONDAY

<b>BP</b>	8.00-9.30	<b>CARDIO SCULPT</b>	DAWN
	9.30-10.30	<b>SPIN™</b>	NICOLLE
	6.00-7.00	<b>YOGA</b>	BONNIE
	7.00-8.00	<b>INTERVAL TRAINING</b>	KEVIN
<b>DH</b>	7.00-8.00	<b>BOOT CAMP</b>	DELL
	8.00-9.00	<b>SPIN™</b>	PAT
	8.00-9.00	<b>YOGA</b>	GEA
	9.30-10.30	<b>SPIN™</b>	LYNN
	9.30-10.30	<b>CARDIO MIXED BAG</b>	CINDY
	10.30-11.30	<b>SCULPT/CORE CHALLENGE</b>	LYNN
	11.30-12.30	<b>ZUMBA®</b>	CHEN
	5.00-6.00	<b>SPIN™</b>	DIANNE
	6.00-7.00	<b>SCULPT</b>	JESSICA
	7.00-8.00	<b>TRIPLE CHALLENGE</b>	JESSICA
<b>MEL</b>	9.30-10.30	<b>CARDIO CRAZY</b>	DAWN
	10.30-11.30	<b>BODY SCULPT</b>	DAWN
	12.15-1.00	<b>BOOT CAMP</b>	DAWN
	5.15-6.15	<b>INTERMEDIATE PILATES</b>	SUSAN
	6.15-7.15	<b>YOGA-HATHA</b>	SUSAN
	7.30-8.30	<b>ZUMBA®</b>	EDDIE T.

## TUESDAY

<b>BP</b>	6.00-7.00	<b>SPIN™</b>	SHARON
	8.00-9.00	<b>BODY SCULPT</b>	DAWN
	9.00-10.00	<b>BODY BLAST</b>	PAT
	10.00-11.00	<b>YOGA</b>	PAT
	5.00-6.00	<b>BODY SHRED</b>	NICOLLE
	6.00-7.00	<b>SPIN™</b>	NICOLLE
<b>DH</b>	7.00-8.00	<b>TABATA</b>	PAT
	8.15-9.15	<b>YOGA-VINYASA</b>	KARIN
	9.30-10.30	<b>CARDIO CRAZY</b>	ED
	9.30-10.30	<b>SPIN™</b>	MELISSA
	10.30-11.30	<b>PILATES MAT</b>	ILENE
	11.30-12.30	<b>ZUMBA®</b>	MICHELLE
	5.00-6.00	<b>YIN YOGA</b>	JANINE
	6.00-7.00	<b>H.I.I.T.</b>	BETH
	6.00-7.00	<b>SPIN™</b>	DIANNE
	7.00-8.00	<b>ZUMBA®</b>	BRYAN
<b>MEL</b>	9.30-10.30	<b>KICKBOXING STRENGTH</b>	LYNN
		<b>INTERVAL</b>	
	12.15-1.00	<b>CARDIO/SCULPT</b>	LYNN
	6.00-7.00	<b>BODY SCULPT</b>	NANCY
	7.00-8.00	<b>BOOT CAMP</b>	DELL

## WEDNESDAY

<b>BP</b>	6.00-7.00	<b>INTERVAL TRAINING</b>	KEVIN
	8.00-9.30	<b>STEP &amp; SCULPT</b>	DAWN
	9.30-10.30	<b>SPIN™</b>	NICOLLE
	6.00-7.00	<b>YOGA</b>	BONNIE
	7.00-8.00	<b>BODY BLAST</b>	SALVATORE
<b>DH</b>	7.00-8.00	<b>POWER SCULPT</b>	SABRINA
	8.00-9.00	<b>SPIN™</b>	SABRINA
	8.00-9.00	<b>PILATES MAT</b>	SUSAN
	9.30-10.30	<b>SPIN™</b>	LYNN
	9.30-10.30	<b>TRIPLE CHALLENGE</b>	DAWN
	10.30-11.30	<b>SCULPT</b>	DAWN
	11.30-12.30	<b>ZUMBA®</b>	CHEN
	5.00-6.00	<b>TABATA</b>	AZAD
	5.00-6.00	<b>SPIN™</b>	LYNN
	6.00-7.00	<b>SCULPT</b>	AZAD
	7.00-8.00	<b>ZUMBA®</b>	CARRIE
	8.00-9.00	<b>YOGA</b>	CATHY
<b>MEL</b>	9.30-10.30	<b>ZUMBA®</b>	CARRIE
	10.30-11.30	<b>MULTI-LEVEL YOGA</b>	JANINE
	12.15-1.00	<b>PILATES</b>	ILENE
	5.30-6.30	<b>ZUMBA®</b>	MARGARET
	6.30-7.30	<b>CARDIO BOOT CAMP</b>	CATHERINE

## THURSDAY

<b>BP</b>	6.00-7.00	<b>SPIN™</b>	DAWN
	8.00-9.00	<b>SPIN™</b>	PAT
	9.00-10.00	<b>YOGA &amp; PILATES</b>	PAT
	5.00-6.00	<b>H.I.I.T.</b>	KEVIN
	6.00-7.00	<b>SPIN™</b>	NICOLLE
<b>DH</b>	7.00-8.00	<b>YOGA-VINYASA</b>	ILENE
	7.00-8.00	<b>SPIN™</b>	JOHN
	8.00-9.00	<b>POWER SCULPT</b>	PAT
	9.30-10.30	<b>SPIN™</b>	ED
	9.30-10.30	<b>ZUMBA®</b>	ERIKA
	10.30-11.15	<b>MUSCLE MECHANICS</b>	LYNN
	5.00-6.00	<b>YOGA-VINYASA</b>	JANINE
	6.00-7.00	<b>SCULPT</b>	JESSICA
	6.00-7.00	<b>SPIN™</b>	BETH
	7.00-8.00	<b>ZUMBA®</b>	JESSICA
<b>MEL</b>	7.00-8.00	<b>BOOT CAMP</b>	DELL
	9.00-10.00	<b>PILOXING</b>	DAWN
	12.15-1.00	<b>CARDIO KICKBOXING</b>	LYNN
	5.30-6.15	<b>BODY SCULPT</b>	NANCY
	6.15-7.15	<b>YOGA</b>	CATHY
	7.15-8.15	<b>BOOT CAMP</b>	DELL

## FRIDAY

<b>BP</b>	8.00-9.30	<b>BODY BLAST</b>	DAWN
	9.30-10.30	<b>SPIN™</b>	DAWN
	10.30-11.30	<b>YOGA</b>	DOREEN
<b>DH</b>	7.00-8.00	<b>BOOT CAMP</b>	DELL
	8.00-9.00	<b>SPIN™</b>	BILLY
	9.30-10.30	<b>POWER SCULPT</b>	LYNN
	9.30-10.30	<b>SPIN™</b>	RENEE
	10.30-11.30	<b>YOGILATES</b>	KARIN
	11.30-12.30	<b>ZUMBA®</b>	MICHELLE
<b>MEL</b>	6.00-7.00	<b>PILATES</b>	KATHY
	8.00-9.00	<b>YOGA</b>	JEN
	9.30-10.30	<b>CARDIO BODY BLAST</b>	DAWN
	10.30-11.00	<b>CORE CHALLENGE</b>	DAWN
	12.15-1.00	<b>BOOT CAMP</b>	DAWN

## SATURDAY

<b>BP</b>	7.00-8.00	<b>SPIN™</b>	SHARON
	8.00-9.00	<b>BODY SCULPT</b>	NICOLLE
	9.00-10.00	<b>ZUMBA®</b>	LANA
	10.00-10.30	<b>BODY SHRED</b>	LANA
<b>DH</b>	7.30-8.30	<b>SPIN™</b>	BETH
	9.00-10.00	<b>H.I.I.T.</b>	BETH
	9.00-10.00	<b>SPIN™</b>	BILLY
	10.00-11.00	<b>SCULPT</b>	SABRINA
	11.00-12.00	<b>ZUMBA®</b>	MICHELLE
<b>MEL</b>	7.30-8.30	<b>YOGA</b>	GEA
	9.00-10.00	<b>CARDIO BOOT CAMP</b>	DELL
	10.30-11.30	<b>ZUMBA®</b>	EDDIE/MARGARET

## SUNDAY

<b>BP</b>	8.00-9.00	<b>SPIN™</b>	NICOLLE
	9.00-10.00	<b>BODY SHRED</b>	NICOLLE
<b>DH</b>	8.00-9.00	<b>CARDIO KICKBOX</b>	LYNN
	8.00-9.00	<b>SPIN™</b>	BETH
	9.00-10.00	<b>ZUMBA®</b>	THERESA
	9.30-10.30	<b>SPIN™</b>	JOHN
	10.30-11.30	<b>YOGA-IYENGAR</b>	CATHY
<b>MEL</b>	9.30-10.30	<b>ZUMBA®</b>	MICHAL
	10.30-11.30	<b>CARDIO BODY BLAST</b>	ANNAMARIA



## Endurance

- Cardio Crazy** Step, Aerobics, and Kickbox plyometrics blended into one to get your heart rate up for a great calorie-burning workout.
- Cardio Push** A high-intensity interval training class packed with plyometric drills of strength, power, resistance and core training moves.
- Tabata** Interval Training using 20 seconds of ultra-intense exercise followed by 10 seconds of rest. Weights, bars, or bands are used to increase athletic capacity.
- Zumba®** Calorie-burning and body-energizing. Fast/slow rhythms and resistance training are combined to tone and sculpt your body. Loaded with Latin flavor, this class is exhilarating and addictive.

## Step

- Step** Aerobic exercise using elevated platforms with emphasis on hips, thighs, abdominals, and buttocks.

## Studio Cycling

- Spin™** The smooth, low-impact movement of cycling and the fun and stimulation of group exercise are combined to improve endurance and cardiovascular health.

## Toning

- Abs & Glutes** ½-hour of intense abdominal and glute exercises.
- Abs & Stretch** Focus is on your abs and stretching to increase flexibility.
- Body Bar & Sculpt** Weighted bars are used for a head-to-toe workout to tone, define, and strengthen your body.
- Body Toning** Strength and endurance using light weights.
- Burn to Firm** This class is like Personal Training to music. Slow, deliberate exercises are done to isolate individual muscles, adding strength and definition.
- Core Challenge** Strengthening exercises for your inner core muscles.
- Muscle Mechanics** Light weights and increased repetitions or heavier weights with less repetitions make this sculpting class surprisingly challenging. The format changes every week to 'wake-up' muscles that have been 'asleep' from the same old routine.
- Pilates Mat** Based on the work of Joseph Pilates, this class combines control, centering, flow of movement, and breathing. Focus is on core exercises that improve flexibility, joint movement, and overall strength.
- Power Sculpt** A strength and endurance cross-training class where muscle-conditioning exercises are combined to elevate the heart rate and increase muscle endurance.
- Sculpt** A head-to-toe exercise class that includes a warm-up to increase blood flow to muscles, muscle-specific exercises to tone, define, and strengthen your body, and stretching to increase flexibility.

## Total Workout

- Body Blast** A high-intensity full-body conditioning class consisting of cardio and strength training.
- Body Shred** A 30-minute intense workout for those with short time but high on motivation.
- Boot Camp** A high-intensity, full-body conditioning class.
- Cardio Kickbox/Sculpt** A series of punching and kicking exercises using weights to sculpt the entire body. This class is a great cardio workout!
- Cardio Mixed Bag** Every week is different: Classic Aerobics, Step, Kickboxing, Calisthenics, Sculpting, and more.
- Cardio Sculpt** Intervals of Aerobics are combined with muscle-toning exercises.
- Circuit Training** Fast-paced sculpting class with cardio intervals.
- HIIT / Insanity** High Intensity Interval Training—the ultimate cardiovascular experience. alternating between high and low-intensity, the high energy and fast pace make this class challenging, effective, and FUN.
- Piloxing** A fat torching, muscle-sculpting core-centric interval workout that blends Boxing and Pilates.
- Triple Challenge** Three times the cardio is three times the fun! Step, Bosu, Kickboxing, and Aerobics are mixed together.

## Yoga

- Aside from its obvious mental, spiritual, and flexibility benefits, many of yoga's physical results go unseen. Relaxation, improved digestion, easier respiration, optimized circulation for everyday living, a calmer nervous system, and a more positive outlook on life are all hallmarks of yoga's practice.**
- Hatha Yoga** Slow-paced, relaxing yoga that focuses on breathing technique and relaxation.
- Iyengar Yoga** A system of yoga based on the precise awareness of anatomy and alignment of the body.
- Vinyasa Yoga** A dynamic, flowing-style yoga that emphasizes the connection between breath and emotion.
- Yin Yoga** A slow-paced, passive style of Yoga with postures being held from 1-5 minutes. This practice soothes the mind, increase flexibility, and enhances range of motion in your spine and joints.
- Yoga** Basic yoga postures for relaxation, meditation, and rejuvenation.
- Yogilates** A beautifully blended mind/body class: yoga postures are combined with the core-strengthening exercises of Pilates.

## Complimentary Class Guidelines No registration is necessary; just check the Class Schedule and walk in.

- Do not enter a class in progress. If you are late, please check the Schedule for the next available class.
- Be considerate of other Members' space; don't crowd a Member who has arrived before you.
- Keep conversation to a minimum as this is disruptive and distracting.
- Water must be bottled—no cups, please. A towel is recommended.
- Coats or bags of any kind are not permitted in the room. Please use a locker.
- While some classes are more advanced than others, all Members are welcome to attend and adjust the intensity level. If you are a beginner or have an injury, advise the instructor and modifications will be made.

## Spin Guidelines

- You must sign up, even if the class is not filled. Sign-up must be done personally, by yourself, for yourself.
- Sign-up begins 15 minutes prior to class. No place in line may be held before this time (there is no advantage in arriving earlier).
- First name, last name, and membership number must be printed. If you are not present when class begins, you forfeit your reservation.

## In addition to those listed above for Complimentary Classes, please abide by the following policies:

- One-hour class consists of Set-up, 45-minute Spin, and Clean-up. You **must** stay to wipe down your bike.
- No change of pedals is permitted.
- A water bottle and towel are mandatory.