



MONDAY

BP	5.15-6.15 6.15-7.15 8.00-8.30 8.30-9.00 9.00-9.30 9.30-10.30 5.00-6.00 6.00-7.00 7.00-7.30 7.30-8.30	SPIN™ ENERGY ACTION CIRCUIT SENIOR CARDIO-ADV. FUNCTIONAL MOVEMENT ABS & STRETCH SPIN™ YOGA SPIN™ BODY SHRED ZUMBA®	VICTOR MEG JANET JANET JANET NICOLE PIA NICOLE NICOLE ANDREW
DH	7.00-8.00 8.00-9.00 9.30-10.30 9.30-10.30 10.30-11.30 11.30-12.30 5.00-6.00 5.15-6.15 6.15-7.15 7.15-8.00 8.00-9.00	SPIN™ YOGA SPIN™ CARDIO MIXED BAG SCULPT & CORE STRENGTH ZUMBA® SPIN™ T'AI CHI SCULPT KILLER CARDIO ZUMBA®	EDNA GEA LYNN CINDY LYNN CINDY DIANNE JOHN JESSICA JESSICA EDNA
MEL	9.30-10.30 10.30-11.30 12.15-1.00 5.30-6.30 6.30-7.30 7.30-8.30	CARDIO CRAZY <i>STEP, AEROBICS, KICKBOX</i> PLYMETRICS POWER SCULPT BOOT CAMP INTERMED. MAT PILATES YOGA-HATHA ZUMBA®	DAWN DAWN DAWN SUSAN SUSAN RACHEL

TUESDAY

BP	6.15-7.15 9.00-10.00 10.00-11.00 5.00-6.00 6.00-7.00 7.00-8.00	SPIN™ TOTAL BODY BLAST YOGA SPIN™ POLE DANCING SHADOW BOXING	MONIQUE PAT PAT NICOLLE DAWN KEVIN
DH	7.00-8.00 7.00-8.00 8.15-9.15 9.30-10.30 9.30-10.30 10.30-11.30 11.30-12.30 4.30-5.30 5.45-6.45 6.00-7.00 7.00-8.00 8.00-9.00	TABATA SPIN™ YOGA-VINYASA DOUBLE STEP & SCULPT SPIN™ PILATES MAT ZUMBA® MUSCLE MECHANICS PILOXING SPIN™ ZUMBA® ZUMBA®	KARA JEANNINE PAULA ED RENEE PAULA STACEY CINDY BETH DIANNE BRYAN VAL
MEL	6.00-7.00 9.30-10.30 10.30-11.30 12.15-1.00 6.00-7.00 7.00-8.00	SPIN™ PILOXING POWER SCULPT CARDIO-SCULPT BURN TO FIRM BOOT CAMP	JOHN B. LYNN LYNN LYNN NANCY DELL

WEDNESDAY

BP	5.15-6.15 6.15-7.15 8.00-8.30 8.30-9.00 9.00-9.30 9.30-10.30 5.00-6.00 6.00-7.00 7.00-8.00	SPIN™ CIRCUIT TRAINING STEP POWER SCULPT ABS & STRETCH SPIN™ SHADOW BOXING ZUMBA® YOGA	VICTOR MEG MEG MEG MEG NICOLLE KEVIN LAURA M. LINDSAY
DH	7.00-8.00 8.00-9.00 8.00-9.00 9.30-10.30 9.30-10.30 10.30-11.30 5.00-6.00 6.00-7.00 7.00-8.00 8.00-9.00	POWER SCULPT SPIN™ PILATES MAT SPIN™ TRIPLE CHALLENGE SCULPT SPIN™ PILOXING SCULPT ZUMBA®	JEANNINE DIANNE D. SUSAN LYNN DAWN DAWN LYNN LYNN EDNA EDNA
MEL	9.30-10.30 10.30-11.30 12.15-1.00 5.30-6.30 6.30-7.15 7.15-8.15	ZUMBA® MULTI-LEVEL YOGA PILATES ZUMBA® INSANITY BOXING	PAT KATIE SUSAN RACHEL RACHEL BUTCH

THURSDAY

BP	6.15-7.15 8.00-9.00 9.00-10.00 10.00-11.00 5.00-6.00 6.00-7.00 7.00-8.00	SPIN™ SPIN™ YOGILATES ZUMBA® CIRCUIT TRAINING SPIN™ YOGA <i>BEGINNER-ADV. BEGINNER</i>	MONIQUE PAT PAT INGRID LAURA LAURA PIA
DH	7.00-8.00 7.00-8.00 8.00-9.00 9.30-10.30 9.30-10.30 10.30-11.15 4.00-5.00 5.00-6.00 6.00-7.00 6.00-7.00 7.00-8.00	CARDIO PUSH SPIN™ POWER SCULPT SPIN™ ZUMBA® MUSCLE MECHANICS MUSCLE MECHANICS YOGA-VINYASA SCULPT SPIN™ ZUMBA®	KARA JEANNINE JEANNINE RENEE STACEY LYNN LYNN EDNA JESSICA BETH JESSICA
MEL	6.00-7.00 9.00-10.00 10.00-10.30 10.30-11.30 12.15-1.00 5.30-6.15 6.15-7.15 7.15-8.15	SPIN™ PILOXING MAT WORK BOOTY BARRE CARDIO KICKBOXING BODY BAR & SCULPT INFUSION YOGA BOOT CAMP	JOHN B. DAWN DAWN RACHEL LYNN NANCY SUSAN DELL

FRIDAY

BP	5.15-6.15 6.15-7.15 8.00-8.30 8.30-9.00 9.00-9.30 9.30-10.30 10.30-11.30 5.00-6.00	CIRCUIT TRAINING SPIN™ CARDIO INTERVAL BODY TONING ABS & STRETCH SPIN™ YOGA ZUMBA®	MEG MEG JANET JANET JANET DAWN TERESA LANA
DH	7.00-8.00 8.00-9.00 9.30-10.30 9.30-10.30 10.30-11.30 11.30-12.30	PIYO SPIN™ POWER SCULPT SPIN™ YOGILATES ZUMBA®	KARA BILLY JESSICA BILLY PAULA EDNA
MEL	6.00-7.00 9.30-10.30 10.30-11.00 11.00-12.00 12.15-1.00 6.00-7.00	PILATES MAT CARDIO BODY BLAST CORE CHALLENGE LEVEL-2 YOGA EXPRESS SPIN™ CROSS FIT CHALLENGE	KATHY DAWN DAWN KATIE DAWN DELL

SATURDAY

BP	7.00-8.00 8.00-9.00 9.00-10.00 10.00-11.00	SPIN™ BODY SCULPT ZUMBA® SHADOW BOXING	VICTOR LAURA LANA KEVIN
DH	7.30-8.30 9.00-10.00 9.00-10.00 10.00-11.00 11.00-12.00	SPIN™ KILLER CARDIO SPIN™ SCULPT ZUMBA®	BETH CINDY/EDNA BILLY CINDY/EDNA EDNA
MEL	7.30-8.30 9.00-10.00 10.30-11.30	YOGA CARDIO BOOT CAMP ZUMBA®	GEA DELL THUY

SUNDAY

BP	8.00-9.00 9.00-9.45 9.45-10.45	SPIN™ BODY SHRED ZUMBA®	NICOLE NICOLE ANDREW
DH	8.00-9.00 8.00-9.00 9.00-10.00 9.15-10.15 10.30-11.30	PILOXING SPIN™ ZUMBA® SPIN™ YOGA-IYENGAR	LYNN BETH THERESA LYNN CATHY
MEL	8.00-9.00 9.30-10.30	SPIN™ ZUMBA®	MATTIE HEATHER / MICHAL



Group Fitness | complimentary classes

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.
Insanity	High intensity Cardio interval training to build strength, endurance, and balance.
Killer Cardio	An intense cardio workout to max your heart rate for optimum calorie burning and improved endurance.
Senior Cardio	A very low-impact aerobic class that includes cardio strengthening segments. Designed with special consideration for the wiser population.
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.
Zumba Tone	Weights are included in this version for strength training and added toning.

Step

Double Step & Sculpt	Take Step up a notch: with two platforms and more advanced choreography, the class is more intense and more fun. A bodysculpting segment follows to complete your workout.
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.
Spin Express	A 45-minute cycling class for Beginners to Advanced.
Spin & Tone	Intervals of heart-pumping cycling and muscle-burning weight work.

Toning

30-minute Body Blast	Pressed for time? This class is for you. Target all the major muscle groups and get your heart rate up in this past-paced sculpting class.
Abs	Abdominal and lower back 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.
Functional Movement	A combination of movements used in everyday life consisting of balance, strength training, and flexibility breathing. Focus is on core exercises that improve flexibility, joint movement, and overall strength.
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.

Pole Dancing	A fun combination of dance moves and body toning with a sexy flair.
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.
Boxing for Fitness	Coed training for boxers from Beginner to Competitive levels. Get in shape and have fun while targeting your upper body, abs, and legs, while getting a real cardio workout. Beginners are trained in the fundamentals of the sport.
Cardio Kickbox/Sculpt	Kickbox your way to a great cardio workout, followed by a sculpt segment to complete this total 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.
Cross Fit Challenge	Combines of high-intensity and low-impact training using muscle ropes, weights, and cardio intervals.
Energy Action Workout	Circuit training workout that includes Cardio to get your heart rate up.
Hiit	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.
PiYo	Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of Yoga. With cranked-up speed to deliver a true fat-burning, low-impact workout to leave you lean and defined.
Shadow Boxing	Cardio training targeting upper body, abs, and legs.
T'ai Chi	Slow, flowing movements of this Chinese martial art use a natural range of motion over the body's center of gravity help to retain posture, encourage circulation, and maintain flexibility in joints.
Triple Challenge	Three times the cardio is three times the fun! Step, Bosu, Kickboxing, and Aerobics are mixed together.
Yoga	
Hatha Yoga	Slow-paced, relaxing yoga that focuses on breathing technique and relaxation.
Infusion Yoga	Yoga-based class with a blend of Pilates and Ballet. Emphasis on stretch, abdominals, and leg work with classic poses and breathing techniques of Yoga.
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.
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.