



MONDAY

BP	6.15-7.15	ENERGY ACTION CIRCUIT	DAWN
	8.00-9.00	CARDIO SCULPT	LAURA
	9.00-9.30	ABS & STRETCH	LAURA
	9.30-10.30	SPIN™	NICOLLE
	5.00-6.00	YOGA	PIA
DH	6.00-7.00	SPIN™	FRANK
	7.00-8.00	ZUMBA®	LAURA G.
	7.00-8.00	P90X	KARA
	8.00-9.00	YOGA	GEA
	9.30-10.30	SPIN™	LYNN
	9.30-10.30	CARDIO MIXED BAG	CINDY
	10.30-11.30	SCULPT & CORE STRENGTH	LYNN
	11.30-12.30	ZUMBA®	CINDY
	5.00-6.00	SPIN™	DIANNE
	6.00-7.00	SCULPT	JESSICA
MEL	7.00-8.00	KILLER CARDIO	JESSICA
	8.00-9.00	ZUMBA®	MICHAL
	9.30-10.30	CARDIO CRAZY	DAWN
	10.30-11.30	<i>AEROBICS, KICKBOX, DANCE & PLYOMETRICS</i>	
	12.15-1.00	POWER SCULPT	DAWN
	5.30-6.30	BOOT CAMP	DAWN
	6.30-7.30	INTERMEDIATE PILATES	SUSAN
	7.30-8.30	YOGA-HATHA	SUSAN
		ZUMBA®	EDGAR

TUESDAY

BP	6.15-7.15	SPIN™	SHARON
	8.00-9.00	BODY SCULPT	LAURA
	9.00-10.00	TOTAL BODY BLAST	PAT
	10.00-11.00	YOGA	PAT
	5.00-6.00	TABATA & TONE	DAWN
DH	6.00-7.00	SPIN™	NICOLLE
	7.00-8.00	INTERVAL TRAINING	KEVIN
	7.00-8.00	TABATA	KARA
	7.00-8.00	SPIN™	JEANNINE
	8.15-9.15	YOGA-VINYASA	PAULA
	9.30-10.30	DOUBLE STEP & SCULPT	ED
	9.30-10.30	SPIN™	RENEE
	10.30-11.30	PILATES MAT	PAULA
	11.30-12.30	ZUMBA®	MICHELLE
	6.00-7.00	HIIT	BETH
MEL	6.00-7.00	SPIN™	DIANNE
	7.00-8.00	ZUMBA®	BRYAN
	6.00-7.00	SPIN™	JOHN B.
	9.30-10.30	KICKBOX STRENGTH INTERVAL	LYNN
	10.30-11.00	CORE CHALLENGE	LYNN
	12.15-1.00	CARDIO-SCULPT	LYNN
	6.00-7.00	BURN TO FIRM	NANCY
	7.00-8.00	BOOT CAMP	DELL

WEDNESDAY

BP	6.15-7.15	INTERVAL TRAINING	KEVIN
	8.00-8.30	STEP	DAWN
	8.30-9.00	POWER SCULPT	DAWN
	9.00-9.30	ABS & STRETCH	DAWN
	9.30-10.30	SPIN™	NICOLLE
DH	5.00-6.00	YOGA	PIA
	6.00-7.00	TOTAL BODY	LAURA
	7.15-8.15	PILATES MAT	DIANNE
	7.00-8.00	POWER SCULPT	JEANNINE
	8.00-9.00	SPIN™	JEANNINE
	8.00-9.00	PILATES MAT	SUSAN
	9.30-10.30	SPIN™	LYNN
	9.30-10.30	TRIPLE CHALLENGE	DAWN
	10.30-11.30	SCULPT	DAWN
	11.30-12.30	ZUMBA®	ERIKA
MEL	5.00-6.00	SPIN™	LYNN
	6.00-7.00	PILOXING	LYNN
	7.00-8.00	ZUMBA®	EDDIE
	8.00-9.00	YOGA	CATHY
	9.30-10.30	ZUMBA®	PAT
	10.30-11.30	MULTI-LEVEL YOGA	JANINE
	12.15-1.00	PILATES	SUSAN
	5.30-6.30	ZUMBA®	RACHEL
	6.30-7.30	TOTAL BODY BLAST	RACHEL

THURSDAY

BP	6.15-7.15	SPIN™	DAWN
	8.00-9.00	SPIN™	PAT
	9.00-10.00	PILATES & YOGA	PAT
	5.00-6.00	CIRCUIT TRAINING	LAURA
	6.00-7.00	SPIN™	NICOLLE
DH	7.00-8.00	INTERVAL TRAINING	KEVIN
	7.00-8.00	CARDIO PUSH	KARA
	7.00-8.00	SPIN™	JEANNINE
	8.00-9.00	POWER SCULPT	JEANNINE
	9.30-10.30	SPIN™	ED
	9.30-10.30	ZUMBA®	CHEN
	10.30-11.15	MUSCLE MECHANICS	LYNN
	4.00-5.00	MUSCLE MECHANICS	LYNN
	5.00-6.00	YOGA-VINYASA	JANINE
	6.00-7.00	SCULPT	JESSICA
MEL	6.00-7.00	SPIN™	BETH
	7.00-8.00	ZUMBA®	JESSICA
	6.00-7.00	SPIN™	JOHN B.
	9.00-10.00	PILOXING	DAWN
	10.00-11.00	YOGA	GINA
	12.15-1.00	CARDIO KICKBOXING	LYNN
	5.30-6.15	BODY BAR & SCULPT	NANCY
	6.15-7.15	YOGA WITH PROPS	CATHY
	7.15-8.15	BOOT CAMP	DELL

FRIDAY

BP	8.00-9.30	TOTAL BODY BLAST	DAWN
	9.30-10.30	SPIN™	DAWN
	10.30-11.30	YOGA	DOREEN
DH	8.00-9.00	SPIN™	BILLY
	9.30-10.30	POWER SCULPT	JESSICA
	9.30-10.30	SPIN™	MICHELE
	10.30-11.30	YOGILATES	KARIN
	11.30-12.30	ZUMBA®	NENA
MEL	6.00-7.00	PILATES	KATHY
	8.00-9.00	YOGA	JEN
	9.30-10.30	CARDIO BODY BLAST	DAWN
	10.30-11.00	CORE CHALLENGE	DAWN
	12.15-1.00	BOOT CAMP	DAWN

SATURDAY

BP	7.00-8.00	SPIN™	SHARON
	8.00-9.00	BODY SCULPT	LAURA
	9.00-10.00	ZUMBA®	LANA
	10.00-11.00	INTERVAL TRAINING	KEVIN
DH	7.30-8.30	SPIN™	BETH
	9.00-10.00	HIIT	BETH
	9.00-10.00	SPIN™	BILLY
	10.00-11.00	SCULPT	SABRINA
	11.00-12.00	ZUMBA®	MICHELLE
MEL	7.30-8.30	YOGA	GEA
	9.00-10.00	CARDIO BOOT CAMP	DELL
	10.30-11.30	ZUMBA®	THUY

SUNDAY

BP	8.00-9.00	SPIN™	NICOLLE
	9.00-10.00	BODY SHRED	NICOLLE
DH	8.00-9.00	PILOXING	LYNN
	8.00-9.00	SPIN™	BETH
	9.00-10.00	ZUMBA®	THERESA
	9.30-10.30	SPIN™	DONNA
	10.30-11.30	YOGA-IYENGAR	CATHY
MEL	8.00-9.00	SPIN™	MATTIE
	9.30-10.30	ZUMBA®	MICHAL
	10.30-11.30	BODY BLAST	ANNA MARIA NEW CLASS



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.

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	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.
P90X	A group-focused total-body strength and cardio class. Get ready to compete with your workout buddies as you bust through personal plateaus, rock to hardcore music, give it your all, and encourage each other. This class combines an extensive variety of fat-burning, muscle-perfecting moves to get you in the best shape of your life. A great way to start the week!
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.