

# GROUP FITNESS SCHEDULE

STUDIO A  
STUDIO B



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:25-9:25 (A) Power Pump   Tiffany	8:15-9:40 (A) Cardio Mix   Kim	8:30-9:15 (B) Spin   Melanie	8:15-9:40 (A) Cardio Mix   Kim	8:25-9:25 (A) Power Pump   Tiffany	8:30-9:15 (B) Spin   Melanie	CLOSED
9:30-10:00 (A) Pilates   Tiffany	8:30-9:00 (B) Spin   Melanie	8:30-9:15 (A) Bootcamp   Reva	8:30-9:00 (B) Spin   Melanie	8:30-9:30 (B) TRX   Angie	8:45-9:30 (A) Step   Angie	
10:00-10:45 (B) Silver Sneakers   Katie	9:00-9:30 (B) Tone & Sculpt   Melanie	9:30-10:30 (A) Foam Rolling   Tiffany	9:00-9:30 (B) Tone & Sculpt   Melanie	9:30-10:15 (A) Foam Rolling   Angie	9:30-10:15 (A) Body Tone   Angie	
10:45-11:00 (B) Balance & Core   Katie	9:45-10:25 (A) Gentle Yoga   Nao	10:00-10:45 (B) Silver Sneakers   Katie	9:45-10:25 (A) Gentle Yoga   Nao	10:00-10:45 (B) Silver Sneakers   Katie	10:15-10:40 (A) Foam Rolling   Angie	
4:00-4:45 (B) Spin   Melanie	10:30-11:15 (A) Low Impact   Reva	10:45-11:00 (B) Balance & Core   Katie	10:30-11:15 (A) Low Impact   Reva	10:45-11:00 (B) Balance & Core   Katie		
4:10-4:55 (A) Pilates   Porshia	12:00-12:45 (B) TRX   Reva	12:00-12:30 (A) Tabata This   Reva	12:00-12:45 (B) TRX   Reva			
5:00-5:20 (A) Cardio Burst   Porshia	4:00-4:45 (B) HIIT Bootcamp   Tiffany	4:10-4:55 (A) Pilates   Porshia	4:00-4:45 (B) Spin   Tiffany			
5:30-6:15 (B) Spin   Angie	4:15-5:15 (A) Power Yoga   Nao	5:00-5:20 (A) Cardio Burst   Porshia	4:15-5:15 (A) Relaxation Yoga   Nao			
5:30-6:15 (A) Step   Angie	5:30-6:00 (B) Bootcamp   Angie	5:30-6:15 (A) Step Aerobics   Angie	5:30-6:00 (B) Bootcamp   Angie			
6:15-6:45 (A) Body Toning   Angie	6:00-6:30 (B) Rocking Abs   Angie	5:30-6:15 (B) Spin   Melanie	6:00-6:30 (B) Rocking Abs   Angie			
	6:00-6:45 (A) Barre   Anna	6:15-6:45 (A) Foam Rolling   Angie	6:00-6:45 (A) Barre   Anna			

## HOURS OF OPERATION

MON - FRI | 5 AM - 8 PM

SAT | 7 AM - 5 PM

## CHILDCARE HOURS

DAYS | MON - SAT | 8-11 AM

EVENINGS | MON - THU | 4-7 PM

Childcare is FREE for all members

We will limit class sizes to ensure safe spacing. Please call ahead to reserve your spot in the class. IMPORTANT – please take the responsibility of letting us know if you have scheduled a class and realize you cannot attend. There will likely be others wanting to get in. You'll notice some of these classes are outside of our operating hours. We have made the decision to do this. You will be under the supervision of the group fitness coach for that given class and will be expected to follow the same protocols we have in place during our regular operating hours. FALL 2022 (10.1.22)

# CLASS DESCRIPTIONS:

**BARRE:** Classes focus on the lower body, developing strength, and flexibility from the ankles up through the calves, knees, thighs, and glutes. Our class combines ballet-inspired moves with elements of Pilates, yoga, and strength training.

**BODY TONE:** This sculpting-based class tones upper, lower, and core muscles. If you want to strengthen your body and add lean muscle to your physique, this class is for you. The class consists of lifting weights, using your own body weight, or adding some combination of time and tension that leads to strength and toning your muscles.

**BOOTCAMP:** Anyone can be a part of the Bootcamp program. You can go at your own pace and work your way up. This workout utilizes fun music, light weights, and high repetitions. A focus on perfect form and timing under pressure results in an increase of muscle tone, lean functional muscle strength, body density, and body awareness.

**CARDIO MIX:** A combination of choreographed cardio intervals, weights, and sculpting intervals for every muscle group.

**FOAM ROLLING:** Foam rolling is a great way to learn how to perform self myofascial release of trigger points in the muscles. Trigger points are sore spots that form within the muscles or tendons. Foam rolling is a way to massage away muscle soreness and prepare your muscles for deeper stretching. Foam rolling helps improve posture and release tension enabling the muscles to stretch more easily.

**PILATES:** A form of low-impact exercise that concentrates on strengthening the body with an emphasis on core strength. It can help improve posture, balance, and flexibility. Pilates helps with strength and toning. During the class, you use body weight, bands, and weights. It ranges from sets to HIIT.

**POWER PUMP:** A fantastic full body strength training class. This barbell/dumb bell class shapes, tones, and strengthens your entire body by challenging all of your major muscle groups with weighted exercises. We use light to moderate weights with lots of repetitions cued up to great music!

**RESTORATIVE YOGA:** This class is all about slowing down and opening your body through stretching.

**SPIN:** Indoor cycling doesn't have to be boring - come join for the fun! This 30 or 45 minutes class is a mix of hills, jumps, climbs, sprints and other drills to give you a great cardio workout! This class is for all fitness levels.

**STEP:** A cardio choreographed routine of stepping up and down on a rectangular platform. As you step up, around, and down from the platform in different patterns; you boost your heart rate and strengthen your muscles. Our classes also combine step aerobics with body sculpting. These classes are designed to meet the needs of the beginner participant along with the more experienced by incorporating options on how to modify moves and advise on the range of the platform levels. Step aerobics is for anyone looking for a fun cardio workout that burns fat and calories along with increasing muscle tone.

**TONE & SCULPT:** A full body workout using weights and body weight movements to help to tone and sculpt your body. Compound movements incorporate several muscle groups simultaneously to help you strengthen and tone your muscles. All experience levels welcome!

**TRX:** Suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. By combining TRX with a Tabata-style training (high intensity interval training or HIIT), you get both cardio and strength to provide an incredible boost to your metabolism from workout to workout. Additionally, you increase your overall health and lower your body fat. Anyone from an advanced athlete to a beginner can get a great workout through TRX.

**YOGA:** Combines physical exercise, breath control, relaxation, and meditation to foster harmony in the body, mind, and environment. Our regular class is Hatha yoga based. Hatha is a very general term for slow paced and gentle yoga. It can provide a good introduction to the basic yoga poses.