

2017 Group Exercise Schedule

Updated September 1

Monday	Tuesday	Wednesday	Thursday	Friday
	7:00-7:30 H.I.I.T. Aaron	7:00-7:30 Cycle 30 Jessica	7:00-7:30 Sunrise Stretch Jessica	
11:15-12:00 Wild Card Cycle Jessica 12:05-1:05 Balance Yoga Anil 1:10-1:55 Locomotion 1:55-2:10 Abs Blast Julie	11:15-12:00 Kettle Boot Camp Aaron 12:05-12:50 Mixed Fit 12:50-1:05 Abs Blast Patrice	11:15-12:00 Body Sculpt Aaron 12:05-12:50 Bang! 12:50-1:05 Abs Blast Patrice 1:10-2:10 Balance Yoga Anil	11:15-11:45 Power Core Daisha 12:20 – 1:05 Step & Strength Julie	11:15 - 12:00 Cardio, Strength, Flexibility & Balance 12:00-12:15 Abs Blast Aaron 12:20-1:20 Yoga Sheree 1:25-2:10 Cycle Strong Aaron
5:15-6:00 H.I.I.T. All Staff	5:15-6:00 Buns N' Guns 6:00-6:15 Abs Blast Jessica	5:15-6:00 Cycle Strong 6:00-6:15 Abs Blast Daisha/Aaron	5:15-6:15 Yoga Omar	

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Class Descriptions A-Z

Abs Blast – A non-impact toning class focusing on the abdominals. Appropriate for all fitness levels. Max 25 participants.

Balance Yoga- This class focuses on intermediate-advanced poses that increase balance, flexibility and alignment. 25 participants.

Bang!- A high-intensity, music-driven – SUPER easy to follow – Hip Hop cardio/dance class with weighted gloves that has taken the world by storm and the cardio/dance experience to a whole new level! Max 25 participants. All levels welcomed!

Body Sculpt – A total body workout, which includes strength training, toning and short bouts of cardio. Appropriate for all fitness levels. Max 20 participants.

Buns N' Guns - Work on upper body strength specifically targeting the arms and lower body strength specifically targeting the glutes! This class is open for all fitness levels. Max 20 participants.

Circuit Training- Interval training with weights and added equipment! This class is appropriate for intermediate to advanced fitness levels. Max 20 participants.

(Cardio, Strength, Flexibility, & Balance)- This class works % of the components of fitness! Become more well-rounded in your health and fitness goals!

Cycle 30- A low impact, high octane individualized workout riding a stationary spin bike. Appropriate for all fitness levels. Max 10 participants. *

Cycle Strong – An interval class fusing cycling on the bike with strength training off the bike. A great mix of cardio and strength. Appropriate for all fitness levels. Max 10 participants. *

HIIT- High intensity interval training uses short bursts of high intensity cardio and strength to increase your oxygen consumption! This class focuses on using body weight effectively, little equipment used! Modifications are available for all levels. Max 20 participants.

Interactive Stretch- Stretching is an important component of injury prevention! Learn to use different stretching techniques to relax loosen muscles.

Kettle Boot Camp – The ultimate challenge; this class combines plyometric, strength, and core training. Appropriate for intermediate – advanced fitness levels. Max 20 participants.

Locomotion – A classic high-energy hi/lo impact class. Appropriate for all fitness levels. Max 25 participants.

Power Core– A low impact toning class, focusing on core strength for improved balance, performance and functionality. Appropriate for all fitness levels. Max 20 participants.

Sports Conditioning –Moderate to high intensity class is designed to improve fundamental components of balance, agility, speed, and power. Max 20 participants.

Step & Strength – A high energy, intense aerobic choreographed class using a step and other free weights for strength training . Appropriate for intermediate – advanced levels. Max 20 participants.

Wild Card Cycle- Similar to a regular cycle class, but the theme of this class will change weekly! One week could be hip-hop cycle, another could be 80's disco theme! You never know what you're going to get!

Yoga– A relaxing class of deep breathing and yoga postures for a renewed mind and body. Appropriate for all fitness levels. Max 25 participants.

Zumba – Low impact aerobic workout that fuses hypnotic Latin dance rhythms. Appropriate for all fitness levels. Max 25 participants.