

Group Exercise Class Schedule

October—2021



FIELDHOUSE—TURF					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:10a Bootcamp Alyssa	5:10a Bootcamp Lori	5:10a Bootcamp Lori	5:10a Bootcamp Bryan		
6:10a Bootcamp Alyssa	6:10a Bootcamp Lori	6:10a Bootcamp Lori	6:10a Bootcamp Bryan		
	4:30p Bootcamp Lori		4:30p KBOX Anna		
	5:30p Bootcamp Lori		5:30p Bootcamp Whitney		

POWERHOUSE					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				5:10a Bootcamp Lori	
	8:45a Results Michelle		8:45a Results Michelle	6:10a Bootcamp Lori	
9:00a Results Robin		9:15 Results Michelle		9:00a Results Robin	9:30a Results Michelle
4:30p Powerhour Bryan		4:30p Powerhour Bryan			
5:30p Powerhour Whitney		5:30p Powerhour Robin			

FITNESS STUDIO					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00a Living Young Robin	6:00a Yoga Eliz	8:00a Living Young Chris	6:00a Yoga Eliz	8:00a Living Young Robin	
9:15a Movin' & Groovin' Chris		9:15a Movin' & Groovin' Chris	8:00a SOULfusion Robin		8:15a Little Lotus Kids Yoga Sam
			9:00a Tai Chi Chris		9:00a Yoga Noel
10:00a Abs & Flexibility Chris	10:00a Yoga Stretch Eliz		10:00a Yoga Stretch Eliz		
5:30p Cardio Dance Karyn		4:30p Cardio Dance Karyn			

SPIN—PLEX PEDAL					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					7:30a Spin Ronda
	10:00a Spin Michelle		10:00a Spin Michelle		8:30a Spin Michelle
11:45a Spin/Core Summer		11:45a Spin/Core Summer		11:45a Spin/Core Summer	
		4:30 Spin Robin			

POOL—AQUA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00a Aqua Jam Bryan	8:00a Aqua Jam Eliz	8:00a Aqua Jam Bryan	8:00a Aqua Jam Bryan	8:00a Cardio Blast Bryan	
	8:50a Cardio Blast Penny		8:50a Cardio Blast Penny	8:50a Pilates Bryan		
	5:30p Aqua Jam Brooke	5:30p Aqua Fusion Eliz		5:30p Aqua Jam Anna		

Our Fall schedule will run from Monday, August 30th — Sunday, November 28th. All group fitness class are 45-50 minutes in length unless otherwise noted. Make sure to sign up for our group fitness email and text alerts! Please inquire at the front desk.

Bootcamp— Your cardiovascular fitness, muscular strength, and flexibility will be challenged in this class. Bootcamp incorporates calisthenics, free weights, plyometrics, and an assortment of equipment for a variety of exercises to insure that you're always being challenged in new ways!

Powerhour— This complete body workout challenges both your muscular strength and muscular endurance. Every muscle group is targeted, leaving you with a totally toned body!

All of our Bootcamp and Powerhour classes will be total body workouts, but each day will put an extra emphasis on the following

Monday/Wednesday: Upper Body

Tuesday/Friday: Lower Body

Thursday: Total Body

Cardio Dance—is a calorie-burning dance fitness party where Latin and World rhythms are combined with easy-to-follow moves. The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat.

Results:—This class consists of a 5-7 minute cardio warm up, followed by strength training. Each class will hit every major muscle group at least twice; and ab exercises will complete the workout. Come see your results change in this great class. Results class burns 400-700 calories per class!

SOULfusion: A creative blend of yoga inspired FLOWS, short cardio bursts, balance sequences and strength training exercises all set to crazy FUN music. SOULfusion is all of your soulmate workouts wrapped into one!

Meet us on your MAT!

Yoga—EXPERIENCE the latest trend in personal wellness and physical fitness. Our Professional Instructors use an electric blend of Lyengar and Yoga Fit to assist participants at ALL levels in improving flexibility, balance, and muscular endurance. Our Yoga Instructors will help you learn stress management and relaxation techniques to incorporate into your daily life.

Tai Chi—Tai Chi promotes serenity through gentle, fluid movements. It is proven to improve balance and reduce stress. The slow movements and controlled breathing harmonize energy flow in the body. The martial application can also be used for self-defense in urgent situations.

Spin—Everyone finishes first in Spin! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. Motivating music and an inspiring group environment lets you ride on!

Movin' & Groovin'— Senior Dance is the fun low impact cardio workout you have always been looking for. This class will keep you moving while enjoying some great music and fun.

Kickbox (Turf) — This class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

Yoga Stretch— Tight muscles can cause imbalance and pull the body out of alignment. This class begins with warm-up movements to build heat and prepare the muscles to for stretching. Yoga stretch will include yoga postures built into yoga flows, breathing exercises, and meditation to promote a healthy mind and body.

Living Young—Living Young is a class designed to improve flexibility, strength, balance, and core stability. Continuing to challenge your body in new ways leads to less pain and increases ability to complete daily activities.

Aqua— Aquatic Fitness classes offer a safe, comfortable, and efficient way for people of all ages, sizes, and fitness levels to get and stay fit. The aquatic environment works nearly every muscle group in one workout, helping to build lean muscle tissue and burn body fat. Exercising in water is very low impact, allowing individuals to participate who might be physically unable to in a traditional exercise environment. No swimming skills are needed for any of our classes. And most of all.....it's FUN! We have several options for styles—cardio, strength, upper body, lower body, dance, and more!

Little Lotus Kids Yoga— Yoga class designed for kids ages 5+, they will learn yoga poses, breathing, and relaxation techniques. Yoga for kids is a great way for your children to learn how to reduce stress, as well as improve concentration, mood, balance and flexibility. And best of all, it's fun!