Group Fitness Schedule:70

May 30th - July 1st

Location	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
POWERHOUSE	Heated Vinyasa 5:10a / Sydney		Heated Vinyasa 5:10a / Sydney		PowerHour 5:10a / Grace	
					PowerHour 6:10a / Grace	
	Living Young Circuits 8:00a / Robin	Living Young Tabata 8:00a / Bryan		Living Young Tabata 8:00a / Alyssa		
	Results 9:00a / Robin	Results 9:00a / Michelle	Results 9:00a / Robin	Results 9:00a / Michelle	Results 9:00a / Robin	Results 9:00a / Michelle
	Powerhour 11:15a / Bryan	Tabata Strong 11:15a / Hana		Tabata Strong 11:15a / Hana	Powerhour 11:15a / Grace	
	PowerHour 4:30p / Bryan		Tabata Strong 4:30p / Alyssa	Step It Up! 4:30p / Amber		
	PowerHour 5:30p / Bryan	Circuit Cycle 5:30-6:10p / Eric	Tabata Strong 5:30p / Alyssa			
		BeaFitt 6:30p / Beauty	BeaFitt 6:30p / Beauty	Body Goals with Ty 6:30p / Ty		
TURF	Boot camp 5:10a / Lori	HIIT 5:10a / Bryan	Boot camp 5:10a / Grace	Boot camp 5:10a / Bryan		
	Boot camp 6:10a / Lori	HIIT 6:10a / Bryan	Boot camp 6:10a / Grace	Boot camp 6:10a / Bryan		
				Mitts & Grit Kickboxing 5:30p / Eric		
FITNESS STUDIO		Yoga 6:00a / Eliz		Yoga 6:00a / Eliz		
			Barre Fusion 8:00a / Robin		Living Young 8:00a / Robin	
	Movin' & Groovin' 9:00a / Cris	Beginner/Chair Yoga 9:00a / Eliz	Movin' & Groovin 9:00a / Cris		Hula Hoop Fitness 9:00a / Gabby	Yoga 8:00a / Rotating
	Abs & Flexibility 10:00a Cris	Yoga Stretch 10:00a / Eliz	Abs and Flexibility 10:00am Cris	Yoga Stretch 10:00a / Eliz	Vinyasa Flow 10:00a / Gabby	
	Cardio Dance 5:30p / Karyn		Cardio Dance 4:30p / Karyn			
PEDAL-PLEX		Spin 5:45a / Summer		Spin 5:45a / Summer		
		Spin/Row 10:00a / Michelle		Spin/Row 10:00a / Michelle		Spin 8:00a / Michelle
	Spin 11:45a / Summer		Spin 11:45a / Summer		Spin 11:45a / Michelle	
	20 minute Abs 12:30p / Summer		20 minute Abs 12:30p / Summer			
		Circuit Cycle 6:10-6:40p / Eric				
POOL	Aqua Jam 8:00a / Bryan	Aqua Jam 8:00a / Penie	Aqua Jam 8:00a / Bryan	Aqua Jam 8:00a / Penie	Aqua Jam 8:00a / Bryan	
	Aqua KBOX 8:50a / Grace		Aqua Jam 8:50a / Eliz			
	Aqua Jam 5:30p / Brooke		Aqua Jam 5:30p / Anna			

Group Fitness Class Descriptions:

Boot camp: These classes are designed to keep you motivated so that whether you're getting up before the sun or coming after work, you always know it'll be worth it! Each class is designed to push you to your best, but never in the same way as the day before.

PowerHour: Somedays you just need to break a good sweat and go home knowing you gave your all. You'll get that feeling after everyone of our PowerHour classes. Similar to a boot camp class you'll never know what to expect, but we promise it'll always be focused on getting strong!

HIIT: This class is designed to pair with any of our strength classes to give your body an "active recovery". You may not feel like you're recovering as you're climbing stairs, slamming balls, lunging, and jumping rope, but trust us you'll be ready the next day for more strength training!

Tabata Strong: Interval training is one of the most effective types of training. Each class will combine strength training with high intensity intervals to make sure that you get a great workout!

Body Goals with Ty: Whether you're new at working out or experienced with it, ENERGY is something we can all benefit from! This class is designed to keep you motivated, energized, and always getting stronger! You never know quite what class will offer, but you can always count on a total body workout.

BeaFitt: Want to lose inches and tone but have fun? BeaFitt Cardio and strengthening is a fun hip hop aerobic class that incorporates some of your favorite dance moves and intense workouts. You'll always leave this workout sweaty, stronger, more energetic, and glad you came!

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! Nothing compares to the energy of a spin class!

Spin/Row: Everything that you love about spin class with the added option of jumping on a rower when ever you want. Participants don't have to use the rower, but we recommend that you climb a few of the hills on the rower for even more strength training!

Strength & Spin: This two part class partners 45-minutes of strength training with a 30-minute spin class to make sure you never leave wanting more of anything!

Abs & Core: Our core is one of the biggest/strongest muscle groups in our body, but also the most ignored when it comes to exercise. This class will not only help strengthen your core, but teach you to engage it more during total body workouts.

20 Minute Abs: Who doesn't want a few more abs on their lunch break? This class is designed to be added to the end of spin class or to the end of your own workout. Come make the most of your lunch break!

Mits & Grit Kickboxing: This class will combine mits, kickboxing bags, and strength equipment to make sure you're always getting a full effort and full body workout! Be ready for a high energy workout!

Cardio Dance: Calorie-burning dance fitness party where pop and hip-hop music 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.

Dancin to the Beat: This is a high energy cardio dance class that includes a variety of world rhythms such as Salsa, Reggaeton, Cumbia, Hip Hop, Soca, and more. The steps are easy to follow and repetitive for quick learning. You will experience a wide variety of music in this class and will leave with a happy heart.

Results: If you're looking for class that will help you strengthen everything from head to toe, look no more. Results is designed to strengthen your total body instead of leaving you in pain in just one area.

Kickboxing- This class is challenging for beginners and elite athletes alike! It combines basic combinations with cardio and strength exercises that will challenge your stamina! Each class will be a little different, but It'll always combine kickboxing bags, cardio exercises, and strength equipment.

Heated Yoga - The focus in this class is on flowing from pose to pose and linking your movement with your breath. This class is a great challenge for any level practitioner. The heat aids in warming the body and increasing detoxification through sweat.

Yoga: a Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.

Yoga Stretch: The same great benefits of our other yoga classes with more of an emphasis on holding poses and transitioning from one pose to the other a little slower. This class is great for someone looking to get introduced to yoga or get a great stretch in.

<u>All of our fitness classes can be modified to meet individuals needs, but the following classes are designed to offer low impact, total body workouts. These classes are perfect for those returning form an injury and older adults.</u>

Living Young Tabata: The same strength and cardio benefits of Tabata Strong, but modified to partner with our other Living Young classes.

Living Young: Living Young is a low impact 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.

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**.**

Beginner/Chair Yoga: Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. It is also a great form of yoga for beginners or anyone who wants to focus on a gentle practice.

Barre Fusion: classes are done at the ballet barre formatted to be heart pumping. This workout is designed to increase your cardiovascular strength while helping you to tone, sculpt, and lengthen your muscles from head to toe.

Abs & Flexibility: Biceps are cool, but strong core and hips feel incredible! This class is designed to get your back, core, and hips strong, flexible, and balanced!

Movin' & Groovin': This 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. You're never too old to dance and sing!

Aqua Jam— Aquatic Fitness classes offer a safe, comfortable, and efficient way for people of all ages, sizes, and fitness levels to get and stay fit. Aquatic exercise is very low impact and allows individuals to work nearly every muscle group in one workout who might be physically unable to in a traditional exercise environment.

Aqua KBOX- The same kickboxing moves that you love doing outside of the water, but with the added resistance of water that you also love!

Aqua Cardio Blast: All of the benefits as our other aqua classes, but with a focus on getting your heart rate high enough to improve your cardiovascular endurance. We'll make sure that you're having so much fun you forgot that you were exercising!