

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 [RIDE] ♥ <b>Cycle</b> Susan S	6:00 [RIDE] ♥ <b>VIDEO Cycle</b>	5:30 (30) [MOVE] <b>TRX</b> Elsa N	6:00 [RIDE] ♥ <b>VIDEO Cycle</b>	6:00 [RIDE] ♥ <b>Cycle</b> Kim C	7:15 [RIDE] ♥ <b>Cycle</b> Michelle D	7:30 [RIDE] ♥ <b>Cycle</b> Elsa N
6:00 (75) [CENTER] <b>Yoga Basics (1-2)</b> Julie C	6:00 [MOVE] ♥ <b>Triple Play</b> Susan S	6:00 [RIDE] ♥ <b>Cycle</b> Elsa N	6:00 [MOVE] ♥ <b>Triple Play</b> Susan S	6:00 (75) [CENTER] <b>Power Yoga (2-3)</b> Julie C	7:30 [METHOD] <b>Barre</b> Linda P	8:30 [MOVE] ♥ <b>Boot Camp Circuit</b> Jamie B
7:00 (30) [MOVE] <b>TRX</b> Jon L	8:45 [MOVE] <b>BarreSolution</b> Julie S	6:00 (75) [CENTER] <b>Yoga Basics (1-2)</b> Julie C	8:45 [MOVE] <b>BarreSolution</b> Julie S	7:00 (30) [MOVE] <b>TRX</b> Jon L	7:30 [OUTDOOR] ♥ <b>TEAM Run Club</b> Jon L	9:00 (75) [CENTER] <b>Iyengar Yoga</b> Laurie Krause
7:30 (30) [MOVE] <b>TRX</b> Jon L	8:45 [METHOD] <b>Functional Fitness</b> Michelle L	7:45 [METHOD] <b>Pilates Mat</b> Katherine R	8:45 [OUTDOOR] ♥ <b>TEAM Run Club</b> Susan S	7:30 (30) [MOVE] <b>TRX</b> Jon L	7:45 (75) [CENTER] <b>Yoga Fundamentals</b> Julie C	9:30 [METHOD] <b>Roll, Release, Relax</b> Jamie B
8:00 (45) [MOVE] ♥ <b>Zumba</b> Katherine R	9:00 [RIDE] ♥ <b>Cycle</b> George R	8:45 [METHOD] <b>TRX Circuit</b> Jamie B	8:45 [METHOD] <b>Functional Fitness</b> Michelle C	7:45 [METHOD] <b>Pilates Mat</b> Katherine R	8:30 [MOVE] <b>Bikini Body Sculpt</b> Michelle D	9:30 [RIDE] ♥ <b>Cycle</b> Kim C
8:30 [CENTER] <b>Pilates Mat</b> Melinda W	9:45 [MOVE] <b>Bikini Body Sculpt</b> Michelle D	8:45 [MOVE] ♥ <b>Zumba</b> Kathleen O	9:00 [RIDE] ♥ <b>Cycle</b> Tom H	8:30 (30) [CENTER] <b>8-Pack Abs</b> Jamie B	8:30 [RIDE] ♥ <b>Intro to Cycle</b> David D	10:00 [MOVE] ♥ <b>Zumba</b> Michelle L
8:45 [METHOD] <b>Barre</b> Linda P	9:45 [METHOD] <b>Hot Body Barre</b> Caroline C	9:00 [RIDE] ♥ <b>Cycle</b> Tom H	9:45 [MOVE] <b>Bikini Body Sculpt</b> Michelle D	8:45 [MOVE] ♥ <b>Zumba</b> Kathleen O	9:00 (90) [CENTER] <b>Power Yoga (2-3)</b> Kelli B	10:30 (30) [METHOD] <b>8-Pack Abs</b> Kim C
8:45 [MOVE] <b>TRX</b> Tanya P	9:45 (75) [CENTER] <b>Mindful Flow</b> Amy P	9:30 (75) [CENTER] <b>Power Yoga (2-3)</b> Kelli B	9:45 [METHOD] <b>Barre</b> Sallie K	9:00 [RIDE] ♥ <b>Cycle</b> Jamie B	9:30 [MOVE] ♥ <b>Zumba</b> Louise W	10:30 (75) [CENTER] <b>Yin Yoga</b> Laurie Krause
9:30 [RIDE] ♥ <b>Cycle</b> Melinda W	10:45 (30) [MOVE] ♥ <b>Boot Camp Express</b> Kandee S	9:45 [METHOD] <b>Barre</b> Linda P	9:45 (75) [CENTER] <b>Mindful Flow</b> Amy P	9:30 (75) [CENTER] <b>Power Yoga (2-3)</b> Jamie M	10:30 [MOVE] <b>Definition</b> George R	11:00 [RIDE] ♥ <b>VIDEO Cycle</b>
9:45 [METHOD] <b>M.O.M.</b> Amy P	11:15 (30) [MOVE] <b>8-Pack Abs</b> Kandee S	9:45 [METHOD] <b>Cardio Core Motion</b> Michele L	10:45 (30) [MOVE] <b>Boot Camp Express</b> Tanya P	9:45 [MOVE] <b>TRX</b> Tanya P	10:30 [METHOD] <b>Pilates Mat</b> Sarah F	
9:45 [MOVE] ♥ <b>Cardio Core Motion</b> Laurie K	12:00 [CENTER] <b>Flexibility Training</b> Kandee S	9:45 [MOVE] <b>Cardio Core Motion</b> Michele L	11:15 (30) [MOVE] <b>8-Pack Abs</b> Tanya P	10:00 [METHOD] <b>Roll, Release, Relax</b> Laurie Koneski	10:30 (75) [CENTER] <b>Vinyasa Yoga</b> Malia H	
9:45 (90) [CENTER] <b>Power Yoga (2-3)</b> Tim M	12:00 (35) [RIDE] ♥ <b>VIDEO QuickCycle</b>	10:45 [MOVE] <b>Muscle Matness</b> Kerry S	12:00 [CENTER] <b>Flexibility Training</b> Tanya P	12:00 [METHOD] <b>Roll, Release, Relax</b> Laurie Koneski	11:00 [RIDE] ♥ <b>VIDEO Cycle</b>	
10:45 [MOVE] <b>Muscle Matness</b> Kerry S	4:30 [MOVE] <b>Bikini Body Sculpt</b> Michelle D	11:00 (75) [CENTER] <b>Yoga Basics</b> Charlotte H	12:00 (35) [RIDE] ♥ <b>VIDEO QuickCycle</b>	12:00 [CENTER] <b>Vinyasa Yoga (2)</b> Ali L		
12:00 (75) [CENTER] <b>Vinyasa Yoga (2)</b> Tim M	5:00 (30) [CENTER] <b>8-Pack Abs</b> Ann A	4:00 [RIDE] ♥ <b>VIDEO Cycle</b>	4:30 [MOVE] <b>Core and More</b> Kim C	12:00 [RIDE] ♥ <b>VIDEO Cycle</b>		
4:00 [RIDE] ♥ <b>VIDEO Cycle</b>	5:30 [RIDE] ♥ <b>Cycle</b> Michelle D	4:30 [MOVE] <b>Pilates Mat</b> Melinda W	5:00 (30) [CENTER] <b>8-Pack Abs</b> Jon L	5:00 [MOVE] <b>TRX Pilates Combo</b> Victoria L		
4:30 [METHOD] <b>BarreSolution</b> Julie S	5:30 [METHOD] <b>Barre</b> Amy P	5:30 [MOVE] <b>Functional Fitness</b> Michelle C	5:30 (30) [RIDE] ♥ <b>Cycle</b> Kim C	5:00 [METHOD] <b>Candlelight Stretch</b> Kandee S		
5:30 [MOVE] <b>Functional Fitness</b> Michelle C	5:30 (75) [CENTER] <b>Yoga Basics</b> Charlotte H	5:45 [CENTER] <b>Iron Yoga</b> Ali L	5:30 (75) [CENTER] <b>Vinyasa Yoga</b> Reba G	5:30 (75) [CENTER] <b>Vinyasa Yoga</b> Caramia T		
5:30 (75) [CENTER] <b>Vinyasa Yoga (2)</b> Reba G	5:30 (30) [MOVE] <b>TRX</b> Ann A	6:00 [RIDE] ♥ <b>Cycle</b> Tom H	5:30 (30) [MOVE] <b>TRX</b> Jon L	7:00 [RIDE] ♥ <b>VIDEO Cycle</b>		
6:30 [MOVE] ♥ <b>Cardio Kickbox</b> George R	6:00 (30) [MOVE] <b>TRX</b> Ann A	6:30 [MOVE] ♥ <b>Cardio Kickbox</b> George R	6:00 (30) [MOVE] <b>TRX</b> Jon L			
7:00 (75) [CENTER] <b>Gentle Yoga</b> Reba G	6:30 [MOVE] ♥ <b>Boot Camp</b> Melinda W	7:00 (75) [CENTER] <b>Gentle Yoga</b> Jamie M	6:30 [MOVE] ♥ <b>Boot Camp</b> Melinda W			
7:30 [MOVE] ♥ <b>Latin Dance</b> George R	6:45 (75) [CENTER] <b>Yin Yoga</b> Laurie Krause	7:30 [MOVE] ♥ <b>Latin Dance</b> George R	6:30 [METHOD] <b>Zumba</b> Irma S			
8:00 (35) [RIDE] ♥ <b>VIDEO QuickCycle</b>	7:00 [RIDE] ♥ <b>VIDEO Cycle</b>	8:00 (35) [RIDE] ♥ <b>VIDEO QuickCycle</b>	7:00 (75) [CENTER] <b>Gentle Yoga</b> Reba G			
	7:30 [MOVE] <b>TRX</b> David D		7:00 [RIDE] ♥ <b>VIDEO Cycle</b>			
			7:30 [METHOD] <b>TRX</b> David D			

Classes are 55 minutes unless otherwise noted (30)  
Yoga classes are "All Levels" unless otherwise noted

## [CARDIOVASCULAR TRAINING]

**Boot Camp:** This boot camp requires minimal coordination and delivers maximum intensity! Boot Camp’s no nonsense workout will improve your overall fitness level with sports drills, athletic moves, upper and lower body exercises and an endless amount of high intensity activities.

**Boot Camp Circuit:** Get ready to move from one exercise to the next in Boot Camp Circuit. Each station consists of cardio, strength training, agility, plyometric or abdominal exercises. Equipment involved includes stability balls, weights, weighted balls, body bars, TRX and tubing. This class is designed to burn calories and increase strength while having fun. You’ll never do the same thing twice.

**Cardio Core Motion:** Cardio Core Motion offers safe, non-impact total body training. Develop muscular and cardiovascular endurance while improving balance and reducing overall risk of injury. This progress program uses a 2 pound weighted ball to perform aerobic training and sport conditioning techniques.

**Cardio Kickbox:** Prepare yourself for street survival. This class combines elements of martial arts, kickboxing, muay thai, and high intensity combinations. The techniques taught can be applied in a self-defense situation. Focus on core control, balance, explosiveness and speed. The fast pace of the class keeps the heart rate and the energy up. Come prepared to sweat and get fit for the street.

**TEAM Run Club:** During these fun, motivating outdoor runs you’ll get basic run coaching with a certified USATF coach. Improve your run technique, strength/flexibility training and basic nutrition for runners. Workouts will vary from week to week: striders, speed play, intervals, long and slow pace. Get inspired while you log miles on the road.

**Triple Play:** Work hard - play hard! This fast-paced interval program consists of three 20-minute segments creating the perfect blend of cardio, strength, core and flexibility. Exercises will change daily, but will always include no nonsense cardio and strength circuits to deliver maximum results. The element of surprise has never been more challenging - you’ll never experience the same workout twice!

## [CYCLING]

**Cycle:** This isn’t your ordinary ride! Not only is it a challenging cardiovascular workout on a stationary bike, based on traditional cycling principles, it’s redefined with the use of CycleOps PowerTap technology. The CycleOps Power Training System shows the effort that you put in to turn the pedals, and helps track your progress to reach your goal. Most importantly, it’s an energetic experience on the bike!

**Intro to Cycle:** If you are new to Cycling classes, get the proper bicycle set up and learn the basics, form and technique of cycling in Intro to Cycling. This class will give you the foundation for becoming a fit cyclist.

**VIDEO Cycle:** This 50-minute cycle workout is appropriate for all levels. The fully automated video system deploys a projection screen, and plays a high definition cycle class with studio grade audio.

**VIDEO QuickCycle:** This 35-minute cycle workout is appropriate for all levels. The fully automated video system deploys a projection screen and plays a high definition cycle class with studio grade audio.

## [RESISTANCE & STRENGTH TRAINING]

**8-Pack Abs:** Focus on firming, toning and defining the abdominal area while building core strength and stability in this half hour of ab power. All levels welcome!

**Bikini Body Sculpt:** This high intensity, interval based workout will give you the muscle tone and definition you’ve always wanted. You’ll burn calories, lean down and sculpt your physique to achieve swimsuit ready abs for any season.

**Core and More:** Core Conditioning - it’s not just about your abdominals. It’s a total body core workout. This class will cover techniques that flex, twist, extend and stabilize the trunk to define your midsection and strengthen back muscles. This core conditioning class is perfect for every body.

**Definition:** Carve your muscles and DEFINE your body. Firm up your abs, arms, thighs and glutes, and add cardio bursts in between sets to burn calories and achieve a lean physique from head to toe.

**Functional Fitness:** All you need for a total body transformation in one workout routine. This non-stop, fat-burning functional movement class will strengthen and define your body by moving in three planes of motion. The experience is incredibly intense and the results are endless.

**Muscle Matness:** This ‘every body needs it’ class combines traditional and contemporary Pilates along with upper body muscle work using a variety of props including bands, light weights, body bars and rollers. Core work will be threaded throughout the workout with muscle length and joint mobilization focusing on the spine, shoulders and hips.

**TRX:** Created by the U.S.A Navy SEALs, TRX Suspension Training is a revolutionary method of leveraged bodyweight exercise. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility and prevent injuries, all at the intensity you choose.

**TRX Pilates Combo:** Combine these two disciplines to really work your core. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercise. Perform exercises that build power, strength, flexibility, balance, mobility and prevent injuries, all at the intensity you choose. Pilates teaches body awareness and good posture while increasing core strength, flexibility and agility.

**TRX Circuit:** Created by the United States Navy SEALs, TRX Suspension Training is a revolutionary method of leveraged body weight exercise. This class is performed in a circuit style workout. Equipment involved includes stability balls, weights, weighted balls, body bars, TRX and tubing.

## [MIND & BODY]

**Barre:** Strengthen and tone the body with this classic ballet inspired workout. Based on ballet fundamentals, core conditioning and stretching techniques for a total body workout. We will use weighted balls, the ballet barre, weights and straps to achieve a lean and flexible body.

**BarreSolution:** A unique hybrid of ballet and fitness. These routines have the grace of ballet and the intensity of “hard-core” body sculpting. After a flowing, rhythmic warm-up, you’ll move into the dance-inspired standing toning. The floorsection is also unique- a blend of yoga, Pilates and traditional toning.

**Candlelight Stretch:** If yoga is too Om then try this full body stretch with a calming mental focus. Major muscle groups are stretched using active isolation. Recommended for all fitness levels.

**Flexibility Training:** Flexibility Training is the perfect remedy to repair repetitive use injuries, increase a limited range of motion or improve sports performance. Achieve increased flexibility while strengthening your muscles through the use of your own body weight, props and tools like foam rollers, towels and stability balls.

**Gentle Yoga:** A gentle, slower paced practice that combines basic postures with breathing and meditation. Appropriate for beginners, seniors, students with injuries or those who prefer a slower paced class.

**Hot Body Barre:** This total body tightening workout incorporates traditional barre exercises and intense isometrics to tighten and tone the glutes, thighs, abdominals and arms using the ballet barre, light weights, and bands.

**M.O.M.:** Join this group of moms and moms-to-be as we explore different workout options from yoga to boot camp. Stay in shape during pregnancy or get back in shape after baby.

**Iron Yoga:** Take your yoga practice to the next level with Iron Yoga. This new breakthrough workout fuses strength training with power yoga. Iron Yoga combines light hand weights with power yoga poses to stimulate lean muscle mass, increase metabolism, and maximize body-sculpting results. This challenging yet fun workout is sure to make you sweat.

**Iyengar Yoga:** This class focuses on the principles of correct alignment, making use of props such as blocks, blankets or straps to assist you and allow you to feel the benefit of the postures.

**Mindful Flow:** A physical Hatha class that allows your body, mind and spirit to move more freely by focusing on pranayama (breathwork), asana (postures), alignment and meditation in a flow inspired class. Personal attention to the individual is of prime concern and working to prevent injury, or lessen the impact of one, is a constant. The combination of breath, movement and alignment builds heat in the body releasing stress, tension, and toxicity and increases strength and flexibility.

**Pilates Mat:** Based on the Pilates Method, this class focuses on precise, concentrated movements using the mind to focus and move the body. Pilates teaches body awareness and good posture while increasing core strength, flexibility and agility.

**Power Yoga:** This class is a challenging, fitness based approach to Vinyasa style yoga. The emphasis is on building strength and flexibility. Postures and sequences vary from class to class depending on class level and teacher.

**Roll, Release, Relax:** This class releases the myofascial tissue of the body using foam rollers, balls, and bands. These tools will help realign and repair proper joint range and reduce muscular tension resulting in improved performance, enhanced flexibility, and an elevated quality of life. Class ends with an escape from life’s stresses with focused flexibility, mental relaxation, and greater body awareness to rejuvenate your youthful spirit.

**Vinyasa Yoga:** A Vinyasa class links movement to breath to build heat in the body. Students move continuously through postures to build strength and stability. Prior yoga experience is recommended due to the faster pace of the class.

**Yin Yoga:** Help unwind the deeper tissues of the body while increasing flexibility and range of motion. Yin is practiced in the seated position and with long-held yoga poses. Traditional yoga props are used for comfort.

**Yoga Basics:** Start here! The essential class for beginning your yoga practice. You will be introduced to basic postures and breathing techniques as the fundamentals of beginning your yoga practice.

**Yoga Fundamentals:** Start your yoga practice here. This class will introduce new and continuing students to the fundamentals of yoga and prepare students for mixed level classes. Students will be assisted with alignment and suggested variations allowing each student to practice at a suitable level.

## [DANCE]

**Latin Dance:** Shake your Latin groove thing! This class combines the basic moves of Salsa, Rumba, Cumbia and Merengue. Let the rhythm of the Latin music move you. Basic instruction is provided (no partner needed). A focus on core control and integrated movement, combined with a fun cardio workout, makes this a great addition to your workout routine.

**Zumba:** Zumba fuses hypnotic Latin Rhythms with easy moves to create a one-of-a-kind fitness program. Routines feature interval training sessions combining fast and slow rhythms with resistance training. You will tone and sculpt your body while burning fat.