


GROUP EXERCISE

SPRING 2019 | JANUARY 14 - MAY 11

MONDAY

11:30AM-12:30PM	VINYASA FLOW YOGA (B)
★12:15PM-1:00PM	ZUMBA (A)
4:45PM-5:15PM	ARMS & ABS (A)
5:30PM-6:30PM	STRENGTH CIRCUIT (A)
5:30PM-6:30PM	 CORE FLOW YOGA (B)
6:45PM-7:45PM	ZUMBA (A)
6:45PM-7:45PM	CYCLE (B)
8:00PM-9:15PM	YIN YOGA (B)

TUESDAY

11:30AM-12:30PM	SLOW FLOW YOGA (B)
★12:15PM-12:45PM	STRENGTH CIRCUIT (A)
★12:50PM-1:00PM	HARD CORE (A)
5:30PM-6:10PM	HIIT (A)
5:30PM-6:30PM	VINYASA FLOW YOGA (B)
6:15PM-6:30PM	ROLL & RECOVER (A)
8:00PM-9:00PM	PILATES (B)

WEDNESDAY

11:30AM-12:30PM	VINYASA FLOW YOGA (A)
★12:15PM-12:45PM	CYCLE EXPRESS (B)
★12:50PM-1:00PM	ARMS & ABS (B)
4:45PM-5:15PM	GLUTES & GUTS (B)
5:30PM-6:30PM	ZUMBA (A)
5:30PM-6:30PM	 SHRED (B)
6:45PM-7:45PM	 CORE DE FORCE (A)
6:45PM-7:45PM	 CYCLE & STRENGTH (B)
8:00PM-9:15PM	YIN YOGA (B)

THURSDAY

6:30AM-7:30AM	SUNRISE YOGA (B)
11:30AM-12:30PM	SLOW FLOW YOGA (B)
★12:15PM-12:45PM	STRENGTH CIRCUIT (A)
★12:50PM-1:00PM	HARD CORE (A)
5:30PM-6:10PM	HIIT (A)
5:30PM-6:30PM	VINYASA FLOW YOGA (B)
6:15PM-6:30PM	ROLL & RECOVER (A)
6:45PM-7:45PM	DANCE FITNESS (B)
8:00PM-9:00PM	PILATES (B)

FRIDAY

11:30AM-12:30PM	VINYASA FLOW YOGA (B)
★12:15PM-12:45PM	STEP EXPRESS (A)
★12:50PM-1:00PM	ARMS & ABS (A)
4:15PM-5:15PM	SLOW FLOW YOGA (B)
5:30PM-6:30PM	ZUMBA (A)

SATURDAY

10:15AM-11:15AM	DANCE FITNESS (A)
11:30AM-12:15PM	HIIT (A)
11:30AM-12:30PM	 CORE FLOW YOGA (B)

SUNDAY

5:30PM-6:30PM	CYCLE (B)
6:45PM-7:45PM	ZUMBA (A)
6:45PM-7:45PM	SLOW FLOW YOGA (B)

★ INDICATES THE CLASS IS FREE!
 INDICATES THE CLASS IS NEW!

GROUP EX SPECIALS

ALL CLASSES FREE MAY 5-11

GROUP EX PASSES

SPRING UNLIMITED \$25
SINGLE CLASS \$5



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GROUP EXERCISE

GROUP EXERCISE CLASS DESCRIPTIONS

ARMS & ABS

STRENGTHEN YOUR BICEPS, TRICEPS, SHOULDERS, UPPER BACK AND CORE WHILE USING A VARIETY OF EQUIPMENT.

CORE DE FORCE

THIS MIXED MARTIAL ARTS-INSPIRED, TOTAL-BODY WORKOUT USES CORE CONDITIONING COMBINATIONS, BODYWEIGHT MOVES, AND CARDIO SPIKES TO BURN MAJOR CALORIES.

CYCLE/CYCLE EXPRESS

A HIGH INTENSITY, LOW IMPACT STATIONARY CYCLE CLASS THAT INVOLVES CARDIO CHALLENGES BY VARYING SPEED AND RESISTANCE.

CYCLE & STRENGTH

A TOTAL-BODY WORKOUT WITH CARDIO INTERVALS ON THE STATIONARY CYCLE BIKES AND STRENGTH TRAINING INTERVALS ON THE FLOOR USING BODY WEIGHT AND OTHER EQUIPMENT.

DANCE FITNESS

A PRE-CHOREOGRAPHED DANCE CLASS FULL OF DIVERSE MUSIC GENRES TO GET YOU MOVING AND HAVING FUN. NO DANCE EXPERIENCE REQUIRED.

GLUTES & GUTS

A HIGH ENERGY MUSCLE CONDITIONING CLASS THAT TARGETS AND TONES YOUR ENTIRE CORE AND LOWER BODY.

HARD CORE

THIS CLASS INCORPORATES EXERCISES THAT TARGET YOUR ABDOMINALS, OBLIQUES, AND UPPER BACK TO HELP YOU BUILD A STRONGER CORE.

HIIT

HIGH INTENSITY INTERVAL TRAINING FOCUSED ON SHORT, INTENSE ACTIVITY BURSTS FOLLOWED BY BRIEF RECOVERY PERIODS TO KICK YOUR METABOLISM INTO OVERDRIVE.

PILATES

A MAT-WORK BASED CLASS MEANT TO TONE AND TIGHTEN YOUR ENTIRE BODY FOR LONG, LEAN MUSCLES.

ROLL & RECOVER

THIS CLASS WILL FOCUS ON FOAM ROLLING AND STRETCHING TECHNIQUES TO RELEASE MUSCLE TENSION, LENGTHEN FASCIA, AND IMPROVE FLEXIBILITY.

SHRED

A FULL-BODY STRENGTH TRAINING WORKOUT WITH MOVEMENTS DONE TO THE BEAT OF MOTIVATING MUSIC.

STEP EXPRESS

THIS CLASS UTILIZES ADJUSTABLE STEPS AND CHOREOGRAPHY TO BRING YOUR CARDIOVASCULAR WORKOUT TO NEW AND EXCITING HEIGHTS.

STRENGTH CIRCUIT

AN ALL STRENGTH, NO CARDIO WORKOUT WITH TIMED INTERVALS TO STRENGTHEN MUSCLES USING DUMBBELLS, GLIDERS, STABILITY BALLS, AND OTHER EQUIPMENT.

YOGA

THESE CLASSES COMBINE POSES & STRETCHES TO CREATE A MIND & BODY CONNECTION. MATS ARE PROVIDED, BUT WE ENCOURAGE YOU TO BRING YOUR OWN.

CORE FLOW YOGA: *INTERMEDIATE*

THIS CLASS WILL GUIDE YOU THROUGH FLOWS AT A MODERATE PACE WITH MOVES THAT FOCUS PRIMARILY ON YOUR CORE.

SLOW FLOW YOGA: *BEGINNER*

THIS CLASS WILL GUIDE YOU THROUGH FLOWS AT A SLOWER PACE.

SUNRISE YOGA: *INTERMEDIATE*

START YOUR DAY RIGHT WITH THIS ENERGIZING VINYASA FLOW CLASS TO WAKE UP YOUR BODY AND MIND.

VINYASA FLOW YOGA: *INTERMEDIATE*

THIS CLASS WILL GUIDE YOU THROUGH FLOWS AT AN ACCELERATED PACE.

YIN YOGA: *INTERMEDIATE*

POSES ARE HELD FOR 2-5 MINUTES IN THIS CLASS, ALLOWING JOINTS AND FASCIA TO RELEASE.

ZUMBA

WITH RHYTHMS SET TO HIGH-ENERGY LATIN AND INTERNATIONAL BEATS, THIS CLASS WILL GET YOUR ENERGY LEVELS SOARING!