

FALL 2017

# GROUP EXERCISE



OCTOBER 23 - DECEMBER 9

UPDATED 10/11/17

## MONDAY

- 11:30AM-12:30PM VINYASA YOGA FLOW (B)
- ★12:15PM-12:45PM SWEATSHOP (A)
- ★12:50PM-1:00PM ABS & BACK (A)
- ★4:30PM-5:00PM **T-30 (A)**
- 5:30PM-6:15PM 3-2-1 BURN (B)
- 5:30PM-6:30PM ZUMBA (A)
- 6:30PM-7:30PM ATHLETIC CONDITIONING (B)
- ★7:35PM-7:50PM GLUTES & GUTS (B)
- 6:45PM-7:45PM PILATES (A)
- 8:00PM-9:00PM YIN YOGA (A)

## THURSDAY

- 11:15AM-12:15PM PILATES (A)
- ★12:15PM-12:45PM CYCLE EXPRESS (B)
- ★12:50PM-1:00PM GLUTES & GUTS (B)
- 4:15PM-5:15PM SLOW YOGA FLOW (B)
- 5:30PM-6:15PM RIPPED (A)
- 5:30PM-6:30PM CYCLE (B)
- 6:30PM-7:30PM ZUMBA (A)
- 6:45PM-7:30PM CARDIO KICKBOXING (B)
- ★7:35PM-7:50PM ALL ABOUT ARMS (B)

## TUESDAY

- 11:15AM-12:15PM PILATES (A)
- ★12:15PM-12:45PM STEP EXPRESS (B)
- ★12:50PM-1:00PM GLUTES & GUTS (B)
- 4:15PM-5:15PM SLOW YOGA FLOW (B)
- 5:30PM-6:15PM RIPPED (A)
- 5:30PM-6:30PM CYCLE (B)
- 6:30PM-7:30PM ZUMBA (A)
- 6:45PM-7:30PM CARDIO KICKBOXING (B)
- ★7:35PM-7:50PM ALL ABOUT ARMS (B)

## FRIDAY

- 11:30AM-12:30PM VINYASA YOGA FLOW (B)
- ★12:15PM-12:45PM 3-2-1 BURN (A)
- ★12:50PM-1:00PM ABS & BACK (A)
- 4:15PM-5:15PM VINYASA YOGA FLOW (B)
- 5:30PM-6:30PM ZUMBA (A)

## SATURDAY

- 10:30AM-11:30AM ZUMBA (A)
- 11:00AM-12:30PM WEEKEND WARRIOR YOGA (B)

## WEDNESDAY

- 11:30AM-12:30PM SLOW YOGA FLOW (B)
- ★12:15PM-12:45PM SWEATSHOP (A)
- ★12:50PM-1:00PM ABS & BACK (A)
- 4:15PM-5:15PM VINYASA YOGA FLOW (B)
- ★4:30PM-5:00PM **T-30 (A)**
- 5:30PM-6:15PM 3-2-1 BURN (B)
- 5:30PM-6:30PM ZUMBA (A)
- 6:30PM-7:30PM DANCEFITNESS (B)
- ★7:35PM-7:50PM GLUTES & GUTS (B)
- 6:45PM-7:45PM PILATES (A)
- 8:00PM-9:00PM YIN YOGA (A)

## SUNDAY

- 4:30PM-5:30PM SLOW YOGA FLOW (B)
- 6:00PM-7:00PM ZUMBA (A)
- 7:15PM-8:15PM ATHLETIC CONDITIONING (A)

INDICATES THE CLASS IS FREE!

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**GROUP EX SPECIALS**

DOLLAR DAYS OCT. 15-21

ALL CLASSES FREE DEC. 10-22

**GROUP EX PASSES**

FALL UNLIMITED (HALF PRICE!) \$27.50

10 CLASSES \$25

SINGLE CLASS \$3

FALL 2017

# GROUP EXERCISE

UPDATED

OCTOBER 23 - DECEMBER 9

## CLASS DESCRIPTIONS

### 3-2-1 BURN

COMBINES CARDIO, STRENGTH, AND CORE INTERVALS TO GET A HIGH INTENSITY WORKOUT IN A SHORT PERIOD OF TIME.

### ABS & BACK

TIGHTEN AND TONE YOUR ENTIRE CORE WITH TARGETED, EFFECTIVE ABDOMINAL AND LOWER BACK EXERCISES.

### ALL ABOUT ARMS

A QUICK WORKOUT TO CREATE A SLEEK AND STRONG UPPER BODY FOCUSING ON ARMS, UPPER BACK, AND SHOULDERS.

### ATHLETIC CONDITIONING

A FUN, INTENSE CLASS USING PLYOMETRICS, AGILITY, AND SPRINTS TO IMPROVE SPEED, STRENGTH, AND BUILD MUSCLE.

### CARDIO KICKBOXING

KICK, PUNCH, AND GROOVE THE CALORIES AWAY IN THIS FUN, INTENSE, AND EFFECTIVE CARDIO WORKOUT.

### CYCLE/CYCLE EXPRESS

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

### DANCEFITNESS

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

### GLUTES & GUTS

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

### PILATES

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

### RIPPED

THIS STRENGTH TRAINING CLASS COMBINES VARIOUS WEIGHT LOADS WITH SIMPLE MOVEMENTS TO STRENGTHEN YOUR ENTIRE BODY.

### STEP EXPRESS

A GREAT CARDIOVASCULAR WORKOUT USING ADJUSTABLE STEPS AND CHOREOGRAPHY.

### SWEATSHOP

A POWERHOUSE WORKOUT ALTERNATING BETWEEN FUNCTIONAL STRENGTH TRAINING EXERCISES AND HIGH INTENSITY CARDIO INTERVALS.

### T-30

THIS CLASS IS A HIGH INTENSITY, TOTAL BODY TABATA WORKOUT DESIGNED TO BUILD YOUR ANAEROBIC CAPACITY AND STRENGTH.

### YOGA

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

**SLOW YOGA FLOW:** *BEGINNER*

**VINYASA YOGA FLOW:** *INTERMEDIATE*

**YIN YOGA:** *INTERMEDIATE*

INVITES YOU TO SLOW DOWN WHILE NOURISHING JOINTS, LIGAMENTS, TENDONS AND FASCIA. POSES ARE HELD FOR 2-5 MINUTES ALLOWING JOINTS AND FASCIA TO RELEASE.

**WEEKEND WARRIOR YOGA:** *INTERMEDIATE*

THIS 90-MINUTE CLASS WILL FOCUS ON INCREASING BALANCE, FLEXIBILITY, AND BREATHING CAPACITY.

### ZUMBA

FEATURING RHYTHMS SET TO HIGH-ENERGY LATIN AND INTERNATIONAL BEATS, THIS CLASS WILL GET YOUR ENERGY LEVELS AND HEART RATE SOARING.