



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5:45 a.m.
Indoor Cycling
45 mins
(Cara)

7 a.m.
Yoga Mix
(Donna)

8:15 a.m.
Dance/Barre
60 mins
(Shannon)

9 a.m.
Aqua Zumba
(Nickie)

9:30 a.m.
Cycle
45 mins
(Ashley)

10:45 a.m.
Strength Training
(Debbie/Amy D.)

11:45 a.m.
Zumba Gold
(Nickie)

1 p.m.
Restorative Yoga
Therapy
75 mins
(Claudia)

5:15 p.m.
Abs & Glutes
40 mins
(Heather F.)

6 p.m.
Indoor Cycling
(Michelle)

7 p.m.
Yoga Mix
(Donna)

5:45 a.m.
Indoor Cycling
45 mins
(Cara)

7 a.m.
Yoga
(Didier)

8:15 a.m.
Strength Training
(Amy D.)

9 a.m.
Aquacize
(Amy D.)

9:15 a.m.
Cardio Blast
combo Interval/
HIIT+Stretch
60 mins
(Shannon)

10:30 a.m.
Pilates
(Debbie)

11:30 a.m.
Stretch
30 Min
(Debbie)

5:15 p.m.
Mat Pilates
40 mins
(Merlynn)

6 p.m.
Strength/Core
(Heather F.)

7 p.m.
Barre Fitness
(Fawn)

5:45 a.m.
Yogalates
60 Min
(Debbie)

7 a.m.
Yogalates
(Debbie)

8:15 a.m.
Zumba
60 mins
(Lili)

9 a.m.
Aquacize
(Kellie)

9:30 a.m.
Indoor Cycling
(Ashley)

10:45 a.m.
Strength Training
45 mins
(Amy D.)

3 p.m.
Tai Chi
(Dennis)

4 p.m.
Kids Yoga Workshop
**December 12 & 26*
(Fawn)

6 p.m.
Indoor Cycling
(Jill)

7 p.m.
Yoga
(Claudia)

5:45 a.m.
Indoor Cycling
45 mins
(Cara)

7 a.m.
Yoga Mix
60 mins
(Donna)

8:15 a.m.
Pilates
(Debbie)

9 a.m.
Aqua Pump
(Marjie)

9:15 a.m.
20/20/20
(Merlynn)

10:30 a.m.
Core Strength
& Flexibility
45-60 mins
(Merlynn)

1 p.m.
Yin Yoga
75 mins
(Claudia)

2:30 p.m.
Power Yoga
45 mins
(Shannon)

4 p.m.
Kid's Camp Fit
**December 6 & 20*
60 mins
(Mignyon)

6 p.m.
Cardio/Strength
45 mins
(Shannon)

5:45 a.m.
Indoor Cycling
45 mins
(Cara)

7 a.m.
Yoga
(Aimee)

8:15 a.m.
Barre Fitness
60 mins
(Shannon)

9 a.m.
Aqua Cardio
(Linda)

9:30 a.m.
Indoor Cycle
45 mins
(Cara)

10:45 a.m.
Strength Training
45 mins
(Cara)

11:45 a.m.
Stretch
45 mins
(Debbie)

7:15 a.m.
Cycle
45 mins
(David)

8:15 a.m.
Power Yoga
60 mins
(Abby/ Aimee
Claudia)

9:30 a.m.
HIIT
High Interval Training
45 mins
(Molly, Robin, Jill, &
Kim)

10:30 a.m.
Pilates
60 mins
(Debbie)

11:45 a.m.
Zumba
60 Min
(Karla)

SUNDAY

9 a.m.
Sports Circuit
(Kim)

10:30 a.m.
Indoor Cycle
60 mins
(Jill)

SPECIAL HOURS

Monday, December 24
5:30 a.m. - 5 p.m.
Classes end at Noon

Tuesday, December 25
7 a.m. - 2 p.m.
No Classes

Monday, December 31
5:30 a.m. - 5 p.m.
Classes end at Noon

Tuesday, January 1
No Classes

Indoor Cycle: Cycle to energetic music to motivate you for the day or later in the day, more energy for your evening after a long day at work. Appropriate for all levels working at your own pace.

Yoga: One hour practice including standing poses, seated poses and forward bends. Focuses on proper body alignment to develop strength and flexibility and putting space in the joints.

Yoga Mix: A stretch/flexibility, strength/balance, focus/relax yoga class. Beginner to experienced welcome.

Strength/Core: 30 mins of strengthening muscles, upper and lower body. Using dumbbells, rubber resistance equipment. Working total body.

Step Express: 30 mins step moves, little choreography but fun and energizing.

Aquacize: One hour shallow water exercises devoted to cardiovascular fitness: jog, kick, jack, ski and jump to music. Using foam dumbbells and noodles for resistance or floatation. Always a stretch at the end.

Cycle/Core: Cycling to music with core work on the floor at the end for total core work. (Abs, sides and back)

Yin Yoga: A gentle yoga class inviting participants to relax body and mind. Emphasis is on long-held passive poses targeting our deeper connective tissues. This is a very healing and nurturing type of yoga.

Zumba: Latin and other types of dance to great energetic music. Moving your body like no one is looking.

Evening Yoga Classes: Gentle stretching leading into Sun Salutations. Primary yoga asanas to include standing and balancing poses, as well as floor work. Appropriate for beginners and intermediate students, relaxation at the end.

Strength Training: Using own body weight, dumbbells, smartbells, bands and whatever else we need to work total body to burn more calories throughout the day. Working on balance and flexibility.

Pilates: Doing Pilates moves, (core, legs, strength) using your own body weight and proper alignment on a yoga mat. Using light weights, Pilates ball, foam roller and other pieces of equipment.

Aqua Pump: : A moderate to high intensity class that focuses on strengthening and toning entire body to fun and familiar music. Using weights to benefit traditional weight lift and increase cardiovascular fitness. Working on balance and coordination. All levels welcome.

Yogalates: Combining yoga and Pilates moves for 45 mins to strengthen total body. Balance work as well.

Sports Circuit: Setting up different stations throughout the room for a total body-cardio work. Using many pieces of equipment. Lots of fun and great music and a run around the building.

20/20/20: Doing cardio work on the step for 20 mins, followed by 20 mins of strength using body weight and hand weights, ending with 20 mins of abdominal work with a nice stretch at the end. Total body.

Core Strength and Flexibility: Using a stability ball, light hand weights, stretch bands and body weight for core strength and flexibility on a yoga mat.

Cardio Strength Training: A fast paced cardiovascular conditioning class implementing simple yet high energy movements to give your heart a great cardio workout. Alternating short drills of body sculpt moves and aerobic exercises for a superior total body workout.

Restorative Therapy Yoga: A practice of guided deep stretching coordinated with mindful breathing to help release and relieve the body stress, tension and chronic pain. This practice is complimented with several restorative relaxation poses to provide a calmer, more relaxed state of being.

Aqua Zumba: Aqua class with Zumba moves in the water weight/cardio work.

Ultimate Conditioning: Your muscular strength and endurance will be tested when combined with cardiovascular movement. A total body workout that is challenging and great for all levels of fitness!

HIIT (High Intensity Interval Training): Incorporating upper and lower body muscles with high intensity cardio moves for the maximum calorie burn and to rev up your metabolism. Timing 20 seconds movement with 10 seconds rest. Intermediate to advanced. Modifications will be offered.

Cardio Blast: High intensity cardio training with interval's and timed weight/cardio moves. Combining weights, burpies, jumping jacks and core work. Intermediate to advanced and will offer modifications.

Dance/Barre: Come learn some dance moves to improve cardiovascular system and shape your legs, glutes and abs at the Barre.