



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>5:45 a.m.</b> Indoor Cycling 45 mins (Cara)	<b>5:45 a.m.</b> Indoor Cycling 45 mins (Cara)	<b>6 a.m.</b> Indoor Cycling 45 mins (Debbie)	<b>5:45 a.m.</b> Indoor Cycling 45 mins (David)	<b>5:45 a.m.</b> Indoor Cycling 45 mins (Cara)	<b>7:15 a.m.</b> Cycle 45 mins (David)
<b>7 a.m.</b> Yoga (Donna)	<b>7 a.m.</b> Yoga (Didier)	<b>7 a.m.</b> Yogalates (Debbie)	<b>7 a.m.</b> Yoga Stretch 60 mins (Donna)	<b>7 a.m.</b> Yoga (Debbie)	<b>8:15 a.m.</b> Power Yoga 60 mins (Abby/ Aimee Claudia)
<b>8:15 a.m.</b> Strength, Cardio & Core 60 mins (Shannon)	<b>8:15 a.m.</b> Strength Training (Debbie)	<b>8:30 a.m.</b> Zumba (Lili)	<b>8:15 a.m.</b> Pilates (Debbie)	<b>8:15 a.m.</b> Barre Fitness (Ginny)	<b>9:30 a.m.</b> HIIT <i>High Interval Training</i> 45 mins (Michaela, Cara, Molly & Robin)
<b>9 a.m.</b> Aqua Zumba (Nickie)	<b>9 a.m.</b> Aquacize (Amy D.)	<b>9 a.m.</b> Aquacize (Kellie)	<b>9 a.m.</b> Aqua Pump (Marjie)	<b>9 a.m.</b> Aqua Cardio (Linda)	
<b>9:30 a.m.</b> Cycle 45 mins (Ashley)	<b>9:15 a.m.</b> Cardio Blast combo Interval/HIIT 45 mins (Michaela)	<b>9:30 a.m.</b> Indoor Cycling (Ashley)	<b>9:15 a.m.</b> 20/20/20 (Merlynn)	<b>9:30 a.m.</b> Indoor Cycle 60 mins (Cara)	<b>10:30 a.m.</b> Pilates 60 mins (Debbie)
<b>10:45 a.m.</b> Strength Training (Debbie)	<b>10:30 a.m.</b> Pilates (Debbie)	<b>10:45 a.m.</b> Strength Training 45 mins (Amy D.)	<b>10:30 a.m.</b> Core Strength & Flexibility 45-60 mins (Merlynn)	<b>10:45 a.m.</b> Strength Training 45 mins (Cara)	
<b>11:45 a.m.</b> Zumba Gold (Nickie)	<b>Noon</b> Indoor Cycling 45 mins (Ashley)	<b>3 p.m.</b> Tai Chi (Dennis)	<b>Noon</b> Cycle (Cara)	<b>11:45 a.m.</b> Stretch 45 mins (Debbie)	<b>SUNDAY</b>
<b>1 p.m.</b> Restorative Yoga Therapy 75 mins (Claudia)	<b>6 p.m.</b> Strength/Core (Heather F.)	<b>4 p.m.</b> Kids Yoga Workshop *October 11 & 25 (Fawn)	<b>1 p.m.</b> Yin Yoga 75 mins (Claudia)		<b>9 a.m.</b> Beach Yoga 45-60 mins (Debbie) <i>*Meet at Trellis</i>
<b>5:15 p.m.</b> Ultimate Conditioning 40 mins (Heather F.)	<b>7 p.m.</b> Barre Fitness (Fawn)	<b>6 p.m.</b> Indoor Cycling (TBD)	<b>6 p.m.</b> Cardio/Strength 45 mins (Katie)		<b>9 a.m.</b> Sports Circuit (Kim)
<b>6 p.m.</b> Indoor Cycling (Michelle)		<b>7 p.m.</b> Yoga (Claudia)			<b>10:30 a.m.</b> Indoor Cycle 60 mins (TBD)
<b>7 p.m.</b> Yoga (Donna)					

**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.

**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. Class will run through April.

**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.