



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>5:45 a.m. Indoor Cycling 45 mins (Cara)</p> <p>7 a.m. Yoga Mix (Donna)</p> <p>8 a.m. Aqua 50 mins (Nina)</p> <p>8:15 a.m. Dance/Barre 60 mins (Shannon)</p> <p>9 a.m. Aqua (Nina)</p> <p>9:30 a.m. Cycle 45 mins (Ashley)</p> <p>10:30 a.m. Strength Training (Debbie/Amy D.)</p> <p>1 p.m. Restorative Yoga Therapy 75 mins (Claudia)</p> <p>5:15 p.m. Abs & Glutes 40 mins (Heather F.)</p> <p>6 p.m. Indoor Cycling (Michelle)</p> <p>7 p.m. Yoga Mix (Donna)</p>	<p>5:45 a.m. Indoor Cycling 45 mins (Cara)</p> <p>7 a.m. Yoga (Didier)</p> <p>8:15 a.m. Strength Training (Amy D.)</p> <p>9 a.m. Aquacize (Amy D.)</p> <p>9:15 a.m. Cardio Blast combo Interval/ HIIT+Stretch 60 mins (Shannon)</p> <p>10:30 a.m. Pilates (Debbie)</p> <p>11:30 a.m. Stretch 45 Min (Debbie)</p> <p>1 p.m. New! Restore & Align 75 Min (Joyce)</p> <p>5:15 p.m. Mat Pilates 40 mins (Merlynn)</p> <p>6 p.m. Strength/Core (Heather F.)</p> <p>7 p.m. Barre Fitness (Fawn)</p>	<p>7 a.m. Yogalates (Debbie)</p> <p>8 a.m. Aqua 50 mins (Nina)</p> <p>8:15 a.m. Zumba 60 mins (Lili)</p> <p>9 a.m. Aquacize (Susan B.)</p> <p>9:30 a.m. Indoor Cycling (Ashley)</p> <p>10:30 a.m. Strength Training 45 mins (Amy D.)</p> <p>4 p.m. Kids Yoga Workshop <i>*November 6 & 20</i> (Fawn)</p> <p>6 p.m. Indoor Cycling (Jill)</p> <p>7 p.m. Yoga (Claudia)</p>	<p>5:45 a.m. Indoor Cycling 45 mins (Cara)</p> <p>7 a.m. Yoga Mix 60 mins (Donna)</p> <p>8:15 a.m. Barrelates (Debbie)</p> <p>9 a.m. Aqua (Marjie)</p> <p>9:15 a.m. HIIT (Cathy)</p> <p>10:30 a.m. Pilates 45 mins (Debbie)</p> <p>1 p.m. Yin Yoga 75 mins (Claudia)</p> <p>2:30 p.m. Power Yoga 45 mins (Shannon)</p> <p>4 p.m. Kid's Camp Fit <i>*November 7</i> 60 mins (Mignyon)</p> <p>6 p.m. Zumba (Ambar)</p>	<p>5:45 a.m. Indoor Cycling 45 mins (Cara)</p> <p>7 a.m. Yoga (Aimee)</p> <p>8:15 a.m. Barre Fitness 60 mins (Shannon)</p> <p>9 a.m. Aqua Cardio (Linda)</p> <p>9:30 a.m. Indoor Cycle 45 mins (Cara)</p> <p>10:30 a.m. Strength Training 45 mins (Cara)</p> <p>11:30 a.m. Stretch 45 mins (Debbie)</p>	<p>7:15 a.m. Cycle 45 mins (David)</p> <p>8:15 a.m. Power Yoga 60 mins (Abby/ Aimee Claudia)</p> <p>9:30 a.m. HIIT <i>High Interval Training</i> 45 mins (Molly, Robin, Jill, & Kim)</p> <p>10:30 a.m. Pilates 60 mins (Debbie)</p> <p>11:45 a.m. Zumba 60 Min (Ambar)</p> <p>SUNDAY</p> <p>9 a.m. Sports Circuit (Kim)</p> <p>10:30 a.m. Indoor Cycle 60 mins (Jill)</p>

**SPECIAL FITNESS
CENTER HOURS**
THURSDAY, NOVEMBER 28
OPEN 5:30 A.M. - 2 P.M.
FOR THANKSGIVING DAY

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.

Barrelates: A little Barre, a little Pilates. Come work on the mat and at the Barre to work glutes, legs, core and upper body

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.

Restore & Align: Settle onto your yoga mat and quiet the body and the mind. Deep rest is our goal. Once settled, we will use basic postures and principles to align the bones so that the body is more functional and feels better. Much of our practice will be done lying on the mat, but be prepared to do some standing and seated work. Class will often include a breathing practice and use of various props.