



## CLASS DESCRIPTIONS

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**ABS & ARMS.** . . Build strength in your upper body, sculpt long lean muscles and shape your waistline with a variety of exercises designed to improve functional activity. Lighter weights and higher reps plus some bodyweight training techniques are used.

**BALLET BURN.** . . Raise the bar on your workout. Ballet Burn is a results driven fitness class utilizing light weights and ballet based movement to create lean lines and improve flexibility and posture. No experience, or barre needed.

**BODYPUMP.** . . BODYPUMP is one of the world's fastest ways to get in shape. Great bodies aren't born, they are transformed, using the proven formula: THE REP EFFECT, a breakthrough in resistance training. Focusing on low weight loads and high repetitions, burn fat and calories, gain strength and quickly produce lean body muscle.

**HIIT + HARDCORE.** . . High Intensity Interval Training (HIIT) is cardio training where short, very high intensity intervals are combined with longer, slower intervals to recover. Increase metabolism, muscle mass and performance and brain power and burn fat using a variety of "equipment" or just your own body weight. The last 15 minutes of the workout is focused on the core.

**STRETCH.** . . Dynamically increase your flexibility with this functional fitness class. Create more space and less tension in the body with passive and active stretching designed to increase muscle length.

**STUDIO CYCLE.** . . An exhilarating indoor cycling class, highly effective in cardio and strength training. On a stationary bike, riding to awesome music and motivated by an inspiring instructor, one can burn up to 600 calories in a 50-minute class. Work glutes, calves, quads, hamstrings and core, and over time, decrease body fat and improve overall cardiovascular function.

**TOTAL BODY TRAINING.** . . The ultimate cardio and strength interval training class designed to work your entire body and maximize your post workout calorie burn, using a variety of "equipment," or just your own bodyweight. Focus on resistance, intervals, power, plyometrics, endurance and determination and you will see a new you, #TBT.

**VINYASA FLOW YOGA.** . . This dynamic and physically demanding style of yoga is energetic and heating, as it flows from one pose to the next. Great for building stamina and strength. Experience meditation through movement.

**YOGA SCULPT.** . . Yoga Sculpt is a modern form of yoga that combines Vinyasa Yoga, strength training, cardiovascular fitness and core work. This yoga class uses weights (or water bottles!) to strengthen the practice, while helping tone and shape the body. Burn calories, build stamina, increase strength and flexibility and increase lean muscle mass.

**ZUMBA.** . . Are you ready to party yourself into shape? That's exactly what the Zumba class is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that's moving millions of people toward joy and health.



## MONDAY

- 9:00 – 9:45 AM **STRETCH** .....Ken C. 45 Min
- 12:00 – 12:45 PM **TOTAL BODY TRAINING** .....Jennifer T. 45 Min
- 5:00 - 5:50 PM **STUDIO CYCLE**.....Jennifer T. 50 Min
- 6:15 - 7:15 PM **BODYPUMP** ..... Jason P. 60 Min

## TUESDAY

- 6:15 - 7:05 AM **STUDIO CYCLE**..... Julie S. 50 Min
- 9:00 – 10:00 AM **YOGA SCULPT** .....Therese C. 60 Min
- 12:30 – 1:15 PM **BALLET BURN**.....Alberto A. 45 Min
- 4:00 - 4:45 PM **HIIT + Hard Core** .....Jennifer T. 45 Min
- 5:30 - 6:30 PM **BODYPUMP**.....Jennifer T. 60 Min

## WEDNESDAY

- 9:00 – 9:45 AM **TOTAL BODY TRAINING**..... Julie S. 45 Min
- 12:00 - 1:00 PM **BODYPUMP**.....Sarah R. 60 Min
- 4:00 - 5:00 PM **ZUMBA** .....Angel S. 60 Min
- 5:30 - 6:20 PM **STUDIO CYCLE** .....Sarah R. 50 Min

## THURSDAY

- 7:00 - 8:00 AM **VINYASA FLOW YOGA** ..... Bradshaw W. 60 Min
- 9:00 - 9:30 AM **ABS & ARMS** ..... Katie D. 30 Min
- 9:45-10:30 AM **TOTAL BODY TRAINING** ..... Katie D. 45 Min
- 4:30 - 5:15 PM **BALLET BURN**..... Katie D. 45 Min
- 5:30 - 6:30 PM **BODYPUMP** .....Sarah R. 60 Min

## FRIDAY

- 6:15 - 7:05 AM **STUDIO CYCLE**..... Julie S. 50 Min
- 9:00 - 9:45 AM **STRETCH** .....Therese C. 45 Min
- 12:30 - 1:15 PM **HIIT + HARD CORE**.....Melinda M. 45 Min

## SATURDAY

- 10:15 – 10:45 AM **ABS & ARMS** .....Jennifer T. 30 Min
- 11:00 - 12:00 PM **BODYPUMP**.....Jennifer T. 60 Min
- 12:30 - 1:30 PM **ZUMBA**.....Angel S. 60 Min

## SUNDAY

- 8:30 - 9:30 AM **YOGA SCULPT** ..... Scott Z. 60 Min
- 10:30 - 11:30 AM **BODYPUMP** .....Sarah R. 60 Min