



Group Fitness Schedule

Pre/Postnatal Studio Strength · · This multi-level muscular endurance strength training class is as challenging as our other strength classes, but is designed to meet the physical needs and demands of pregnancy, labor and delivery. Special emphasis is placed on the abdominal, pelvic floor and back musculature. An All Club Access Class.

Prenatal Yoga · · This prenatal fitness class consists of stretching, strengthening, breathing and relaxation techniques specifically designed for pregnant women at all stages of pregnancy. Feel better and stronger. No prior knowledge of yoga is required. An All Club Access Class.

Sports Training · · Cardio drills mixed with strength and agility exercises to improve flexibility, coordination, athletic performance, endurance and function.

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.

• **Reserve your spot up to 60 minutes before class.**

Studio Strength · · Improve muscle tone and strength and increase your rate of calorie burn. Inspired by the latest training trends this class may use any combination of weights, balls, bands or tubes for the ultimate strength training experience. Working multiple muscle groups simultaneously, it's an intense total body workout designed to define every muscle in every way in a group studio setting.

Swim Training · · This class focuses on increasing stroke efficiency and endurance. It helps optimize speed for triathlon training or simply for faster lap swimming times. Instructors coach with a structured workout, including interval training and technique tips. Must be able to swim a minimum of 1500 yards in one hour.

Tai Chi · · Tai Chi is a Chinese martial art. It is a graceful form of exercise that focuses on slow movements and balance. Tai Chi is used to develop coordination, balance, posture and strength through relaxed and continuous whole-body movement. Come ready to learn how to control your breathing, meditate and reduce stress and anxiety.

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, including TRX, BOSU, dumbbells, resistance bands, medicine balls, or just your own bodyweight. Focus on resistance, intervals, power, plyometrics, endurance and determination and you will see a new you, #TBT.

Turbo Kick · · Burn calories and blast fat! Turbo Kick mixes kickboxing and simple dance moves with music that produces results! Each total body workout consists of a sport specific warm-up, high intensity intervals, easy to follow combinations and kickboxing specific strength/endurance training designed to maximize weight loss.

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. Prior experience suggested but not required.

Water Workout: Advanced · · A more demanding water class designed with higher intensity moves for members with an established cardio base. Get ready for a challenging and effective full body workout that will get your heart rate up to achieve maximum fitness. Experience improved endurance, muscle toning and breathing control with a variety of intense workouts. An All-Club-Access class.

Water Workout: Cross Training · · Intervals of cardio, resistance training and core movements in the pool improve endurance, strength, coordination, balance and flexibility. Burn fat and build strong, lean muscle mass with low to no joint impact. Exercises and intensity can be modified and adapted for participants of all levels: from those just beginning a fitness routine, to those recovering from an injury, to elite athletes on a rest/recovery day. An All-Club-Access class.

Water Workout: Movement · · Movements performed in water allow for increased range of motion and flexibility in a safe, suspended environment. These energizing patterns are designed to burn fat and increase cardio strength while building a stronger core. With the use of specific water equipment, these water activities become optimal for muscle toning and conditioning, helping to strengthen joints to avoid injury. It challenges all levels from recovery to athlete. An All-Club-Access class.

WERQ · · WERQ is the fiercely fun dance fitness workout class based on pop, rock and hip-hop music taught by certified fitness professionals. The signature WERQ warm-up previews the dance steps used in class and the signature WERQ cool-down includes balance and yoga inspired poses. This non-stop cardio class is designed to challenge students physically with achievable dance movements for all skill levels. Are you ready to WERQ?

Yin Yoga · · Yin Yoga focuses on the connective tissue (yin) rather than muscle (yang). Poses are held for long periods of time. Blocks and straps are used to accomplish the proper stretching of connective tissue and increase flexibility of the joints.

Yo Toddler · · A dynamic class that teaches your toddler yoga poses through animal movements and play. They become more aware of their body through breath and movement. Toddlers that are just starting to walk to age three will enjoy this fun yoga practice. Parents or caregivers participate. No yoga experience necessary.

Yoga (Multi-Level) · · This class allows for a variety of experience levels from beginner to advanced. The instructor challenges the skill level of each participant. Students are encouraged to work at their own pace and build their yoga practice slowly over time. No prior experience required.

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 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.



Group Fitness Schedule

Effective January 2, 2019

Class Descriptions

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

BURN · · Row. Ride. Run. Resist. This interval training workout will burn hundreds of calories during the class, plus hundreds more in the 24 hours after. Divided into five modalities of work – Concept 2 Rowers, Spinner Pro Spin Bikes, Woodway Curve Trainer Treadmills, TRX Suspension Units and Kettlebells – this is cardio training with short bursts of very high intensity intervals, combined with longer, slower intervals to increase metabolism, muscle mass and performance while burning body fat. Recommended twice a week for optimal muscle, mechanical and metabolic recovery. • **Reserve your spot up to 60 minutes before class.**

BODYPUMP · · BODYPUMP is a barbell workout for anyone looking to get lean, toned and fit – fast. This program is based on THE REP EFFECT, a proven formula that exhausts muscles using light weights, while performing high repetitions - this is the secret to developing lean, athletic muscle. • **Reserve your spot up to 60 minutes before class.**

Boxing Challenge · · Learn proper and authentic boxing techniques, punches and footwork. Use authentic equipment: hand wraps, boxing gloves, focus pads and sometimes heavy bags. Sharpen your movements and gain self confidence. No boxing experience necessary. Advanced boxing drills can be provided for more experienced participants.

CXWORX · · Six tracks to a six pack. Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? CXWORX is for you! CXWORX really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

Feldenkrais · · Feldenkrais is awareness through movement. Each class is an enjoyable sensory-motor approach to learning new ways of moving, eliminating pain, enhancing performance and improving posture.

Functional Strength & Balance · · Improve muscle tone and strength and increase balance. Focusing on multiple muscle groups simultaneously, you will experience more energy and less injury through strength and awareness. Develop more functional movement patterns for health and daily performance. Increase stability and balance for everyday activities.

GRIT™ Athletic · · LES MILLS GRIT Athletic is a plyometric-based workout that delivers fast results! Combining the principles of explosive plyometrics and power agility training, you'll build a powerful, agile and athletic body.

GRIT™ Cardio · · LES MILLS GRIT Cardio is a high-impact, high intensity, high energy cardio workout like nothing else. Designed to burn fat and rapidly improve athletic capability, this explosive, 30-minute workout combines body weight exercises and uses no equipment.

GRIT™ Strength · · Using barbell, weight plate and body weight exercises, LES MILLS GRIT Strength is an intense 30-minute team training workout that will blast all major muscle groups and take your strength into another zone.

Hard Core · · This class is centered around muscles in the back, abs and glutes. Engage in the newest and safest techniques to improve core strength and general functionality. All levels welcome.

Hatha Yoga · · Hatha Yoga refers to any type of yoga involving physical postures, or asanas. Hatha Yoga balances mind and body using poses and controlled breathing, while teaching poise, balance and strength. When the term Hatha is used to describe a class it implies a basic and slow moving class that focuses on alignment and structure.

HIIT · · 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.

Hip Hop/Funk · · Get your workout in while dancing with this straight-forward, funky, hip hop street dance class. Groove and burn calories, as each move is broken down to its most simple form. No dance experience needed, just a fun attitude. Movements are mostly low impact.

Live DJ Spin · · A DJ mixes music seamlessly with the instructor's cues and the Studio Cycle format to create a truly interactive experience. A unique and exciting ride that's always different. • **Reserve your spot up to 60 minutes before class.**

Live DJ Yoga · · Live DJ Yoga is a Vinyasa class in which the DJ blends music with sounds from across genres — soul, hip hop, classical, rock, top 40, world music — to create a fun atmosphere of intense physical focus. The goal is for the music to support and enhance the yoga while never overpowering the teaching or flow of the class.

Pilates Mat · · Strengthen, stretch and lengthen your muscles while improving posture and reducing stress and tension. Whether you are a beginner or have participated in many Pilates Mat classes, this class is structured for you. Instructors are prepared to challenge the skill level of each person and will give direction and modifications to ensure that you can work with what feels best.

Power Flow Yoga · · A vigorous form of Vinyasa Flow that links a sequence of asanas (poses) together safely so they can be done repeatedly, until it feels effortless with the breath and meditative for the mind. This practice can be very athletic and challenging for mind and body. Prior yoga experience suggested, but not required.

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Effective January 2, 2019

TIME	CLASS	INSTRUCTOR / STUDIO
Monday		
6:00 – 6:50 am	Studio Cycle	Donna W. C
6:00 – 7:00 am	Swim Training	Bela Sz. P
6:00 – 7:00 am	Total Body Training	Jessica F. 2
7:00 – 8:00 am	Vinyasa Flow Yoga	David D. 1
8:00 – 9:00 am	Yoga Sculpt	Kraig F. 1
9:00 – 9:30 am	HIIT	Megan G. 2
9:00 – 10:00 am	Stretch	Seth H. 1
9:30 – 10:00 am	Hard Core	Megan G. 2
9:30 – 10:20 am	Studio Cycle	Fran B. C
10:00 – 11:00 am	Water Workout: Movement	Seth H. P
10:30 – 11:00 am	CXWORX	Melinda M. 2
10:30 – 12:00 pm	Hatha Yoga	Kraig F. 1
1:15 – 2:15 pm	Vinyasa Flow Yoga	Chris D. 1
4:30 – 5:30 pm	Turbo Kick	Jillian R. 2
4:30 – 5:30 pm	Yoga (Multi-Level)	Kali O. 1
5:30 – 6:00 pm	Hard Core	Linda K. 2
6:00 – 6:30 pm	GRIT Athletic	Ryan L. 2
6:00 – 6:50 pm	Live DJ Spin	Fran B./Jeff R. C
6:00 – 7:00 pm	Power Flow Yoga	Emma G. 1
6:30 – 7:30 pm	BODYPUMP	Linda K. 2
6:30 – 7:30 pm	Water Workout: Cross Training	Meg M. P
7:00 – 8:00 pm	BURN	Patti Z. C
7:30 – 8:00 pm	CXWORX	Jason P. 2
7:30 – 8:30 pm	Pilates Mat	Linda K. 1
8:00 – 8:30 pm	GRIT Cardio	Jason P. 2

TIME	CLASS	INSTRUCTOR / STUDIO
Tuesday		
6:00 – 7:00 am	BODYPUMP	Therese C. 2
6:00 – 7:00 am	Yoga (Multi-Level)	Samantha M. 1
6:30 – 7:20 am	Studio Cycle	Raquel F. C
7:00 – 7:30 am	CXWORX	Therese C. 2
9:00 – 10:00 am	Pre/Postnatal Studio Strength	Karli G. 1
9:00 – 10:00 am	Studio Strength	Mandy Y. 2
9:30 – 10:30 am	BURN	Julie S. C
10:00 – 10:30 am	HIIT	Megan G. 2
10:00 – 11:00 am	Water Workout: Cross Training	Carlye W. P
10:00 – 11:00 am	Yoga Sculpt	Meghan G. 1
10:30 – 11:00 am	Hard Core	Megan G. 2
11:00 – 12:00 pm	Pilates Mat	Linda K. 1
12:00 – 1:30 pm	Hatha Yoga	James T. 1
1:30 – 2:30 pm	Vinyasa Flow Yoga	Joseph L. 1

TIME	CLASS	INSTRUCTOR / STUDIO
4:30 – 5:30 pm	Ballet Burn	Jenni H. 2
5:30 – 6:30 pm	Studio Strength	Linda K. 2
5:30 – 7:00 pm	Yoga (Multi-Level)	Kali O. 1
6:00 – 6:50 pm	Studio Cycle	Alyssa O. C
6:00 – 7:00 pm	Swim Training	Sarah D. P
6:30 – 7:30 pm	Turbo Kick	Erika S. 2
7:00 – 8:00 pm	BURN	Katie D. C
7:00 – 8:00 pm	Pilates Mat	Brock C. 1
7:30 – 8:30 pm	BODYPUMP	Katie B. 2
8:00 – 9:00 pm	Hip Hop/Funk	Viola E. 1

TIME	CLASS	INSTRUCTOR / STUDIO
Wednesday		
6:00 – 6:50 am	Studio Cycle	Andrew L. C
6:00 – 7:00 am	Hatha Yoga	Emma G. 1
6:00 – 7:00 am	Sports Training	Julie S. 2
6:00 – 7:00 am	Swim Training	Bela Sz. P
7:00 – 8:00 am	Total Body Training	Megan G. 2
9:00 – 9:45 am	Functional Strength & Balance	Lisa H. 1
9:15 – 10:00 am	Boxing Challenge	Ulti L. 2
9:30 – 10:30 am	BURN	Patti Z. C
10:00 – 10:30 am	GRIT Cardio	Sarita A. 2
10:00 – 11:00 am	Water Workout: Cross Training	Lisa H. P
10:30 – 11:30 am	Studio Strength	Jody B. 2
11:00 – 12:00 pm	Hatha Yoga	Annie B. 1
12:00 – 1:00 pm	Yoga Sculpt	Laura D. 1
1:30 – 2:30 pm	Feldenkrais	Terri C. 1
4:30 – 5:30 pm	BURN	Sarah R. C
5:30 – 6:00 pm	HIIT	Sarah R. 2
5:30 – 6:20 pm	Studio Cycle	Linda R. C
6:00 – 7:00 pm	BODYPUMP	Therese C. 2
6:00 – 7:30 pm	Vinyasa Flow Yoga	Erica M. 1
6:30 – 7:20 pm	Studio Cycle	Stephanie H. C
7:00 – 7:30 pm	CXWORX	Therese C. 2
7:30 – 8:30 pm	Vinyasa Flow Yoga	Erica M. 1
7:30 – 8:30 pm	WERQ	Courtenay B. 2

1 = Studio 1 (1st Floor) **2 = Studio 2 (3rd Floor Mezzanine)**
P = Pool **C = Cycle Studio**

TIME	CLASS	INSTRUCTOR / STUDIO
Thursday		
6:00 – 6:50 am	Studio Cycle	Chelsea W. C
6:00 – 7:00 am	BODYPUMP	Linda K. 2
6:00 – 7:00 am	Hatha Yoga	Kali O. 1
7:00 – 8:00 am	Total Body Training	Linda K. 2
8:00 – 9:00 am	Tai Chi	Dmitrij G. 1
8:30 – 9:30 am	Studio Strength	Linda K. 2
9:00 – 10:00 am	Pilates Mat	Susan K. 1
9:30 – 10:20 am	Studio Cycle	Patti Z. C
9:30 – 10:30 am	Total Body Training	Katie D. 2
10:00 – 11:00 am	Water Workout: Cross Training	Penny S. P
11:00 – 11:45 am	Yo Toddler	Donna W. 1
12:00 – 1:00 pm	BURN	Amy S. C
12:00 – 1:30 pm	Live DJ Yoga	Erica M./Jeff R. 1
1:30 – 2:30 pm	Vinyasa Flow Yoga	Joseph L. 1
4:30 – 5:30 pm	Zumba	Angel S. 2
5:30 – 6:00 pm	CXWORX	Stephanie B.J. 2
5:30 – 6:20 pm	Studio Cycle	Fran B. C
5:30 – 6:30 pm	Pilates Mat	Brock C. 1
6:00 – 6:30 pm	HIIT	Stephanie B.J. 2
6:30 – 7:00 pm	GRIT Strength	Stephanie B.J. 2
6:30 – 7:30 pm	BURN	Kaitlyn F. C
7:00 – 8:00 pm	Boxing Challenge	Angelica C. 2
7:30 – 8:30 pm	Yoga (Multi-Level)	Sarah E. 1

TIME	CLASS	INSTRUCTOR / STUDIO
Friday		
6:00 – 6:30 am	GRIT Strength	Cheryl N. 2
6:00 – 7:00 am	BURN	Krissy C. C
6:00 – 7:00 am	Yoga (Multi-Level)	Sarah E. 1
7:00 – 8:00 am	Tai Chi	Dmitrij G. 1
7:00 – 8:00 am	Total Body Training	Michael S. 2
8:00 – 8:50 am	Studio Cycle	Suzanne H. C
8:00 – 9:00 am	Water Workout: Advanced	Patti Z. P
8:30 – 9:30 am	Yoga (Multi-Level)	Jim H. 1
9:00 – 10:00 am	Studio Strength	Suzanne H. 2
9:00 – 10:00 am	Water Workout: Movement	Steve W. P
9:30 – 10:30 am	Pre/Postnatal Studio Strength	Dahlia F. 1
10:30 – 11:30 am	Stretch	Steve W. 1
11:30 – 12:30 pm	Zumba	Karli G. 2
12:30 – 1:30 pm	Pilates Mat	Brock C. 1
1:30 – 2:30 pm	Vinyasa Flow Yoga	Chris D. 1
4:00 – 5:30 pm	Vinyasa Flow Yoga	Julie D.S. 1
5:30 – 6:20 pm	Studio Cycle	Donna W. C
5:30 – 6:30 pm	Yoga Sculpt	Danielle H. 1

TIME	CLASS	INSTRUCTOR / STUDIO
Saturday		
7:00 – 8:00 am	Total Body Training	Stacey H. 2
8:00 – 9:00 am	BODYPUMP	Alyssa O. 2
8:30 – 9:20 am	Studio Cycle	Stacey H. C
8:30 – 9:45 am	Vinyasa Flow Yoga	Bradshaw W. 1
9:00 – 9:30 am	CXWORX	Therese C. 2
9:30 – 10:30 am	Boxing Challenge	Angelica C. 2
9:30 – 10:45 am	Studio Cycle (75 minutes)	Kyle S. C
10:00 – 11:00 am	Hip Hop/Funk	Viola E. 1
10:00 – 11:00 am	Water Workout: Cross Training	Carlye W. P
10:30 – 11:30 am	Total Body Training	Michael S. 2
11:30 – 12:00 pm	GRIT Strength	Tyler B. 2
11:30 – 12:30 pm	BURN	Kaitlyn F. C
12:00 – 1:00 pm	Zumba	Angel S. 2
1:00 – 2:30 pm	Yoga (Multi-Level)	Jen W. 1
4:00 – 5:00 pm	Yoga Sculpt	Scott Z. 1
5:00 – 6:00 pm	Pilates Mat	Penny S. 1

TIME	CLASS	INSTRUCTOR / STUDIO
Sunday		
8:30 – 9:30 am	BODYPUMP	Rachel L. 2
8:30 – 9:45 am	Prenatal Yoga	Liz V. 1
9:00 – 9:50 am	Studio Cycle	John N. C
9:00 – 10:00 am	Water Workout: Cross Training	Fran B. P
9:30 – 10:30 am	Studio Strength	Val G. 2
10:00 – 10:50 am	Studio Cycle	John N. C
10:00 – 11:00 am	Swim Training	Nichole S. P
10:00 – 11:30 am	Vinyasa Flow Yoga	Liz V. 1
10:30 – 11:00 am	GRIT Cardio	Krissy C. 2
11:00 – 11:30 am	CXWORX	Krissy C. 2
11:30 – 12:30 pm	Ballet Burn	Jenni H. 2
11:30 – 12:30 pm	BURN	Chelsea W. C
1:00 – 2:00 pm	Pilates Mat	Kurt M. 1
3:30 – 5:00 pm	Vinyasa Flow Yoga	Stefanie C. 1
5:30 – 6:30 pm	BODYPUMP	Katie D. 2
6:15 – 7:45 pm	Yin Yoga	Ken C. 1