



## Group Fitness Schedule

**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.

**Tread & Shred** · · · This is not your run-of-the-mill treadmill class. Take your workout to the next level with this total body, high intensity combo of treadmill intervals and strength training. Walk, run, climb, strengthen and leave fitter, faster and feeling great. You need not be a runner to participate. • **Reserve your spot up to 60 minutes before class.**

**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.

**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.



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Effective July 1, 2019

## Class Descriptions

**Aerial Basics** ··· Learn the basics of aerial fitness including proper form, foundation poses and flexibility work. Get comfortable working with hammocks on and off the ground. Fine-tune areas of your body that are weaker and finesse those that are stronger. Every class includes strength training, core skills and beginner level tricks. • **Reserve your spot up to 60 minutes before class.**

**Aerial Cardio + Strength** ··· Do you want to get stronger without lifting weights? This class is a hard core workout to build core, arm and leg strength. This class uses your own body weight and the hammock to get you (or keep you) in your best shape. Join us for this creative and fun alternative for strength training. Anyone can do it and no experience is required. Our trained instructors will teach you everything you need to know in order to enjoy a safe and motivating work out. • **Reserve your spot up to 60 minutes before class.**

**Aerial Yoga** ··· Aerial Yoga is a fusion of several mind body disciplines including yoga, aerial arts, Pilates and dance, performed with silk hammocks. The classes are designed to strengthen and tone muscles. All levels welcome; no prior experience necessary. • **Reserve your spot up to 60 minutes before class.**

**Barre** ··· Designed to effectively strengthen, tone and balance the entire body, these are fat burning workouts that integrate the use of the ballet barre and various props. Each class includes several highly effective sequences of toning and resistance exercises with an emphasis on the core, arms and lower body. These are challenging, no impact classes that produce maximum results.

**Barre BURN** ··· High-intensity, endurance driven, low impact exercises designed to strengthen, tone and balance the entire body. Through resistance and repetition, these are fat burning workouts that integrate the use of the ballet barre and various equipment. Each class includes several highly effective sequences of toning and resistance exercises with an emphasis on the core, arms and lower body.

**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. **BODYPUMP™ Express** is a shortened version of this format. • **Reserve your spot up to 60 minutes before class.**

**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.

**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 a 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.

**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.**

**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.

**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.

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# Group Fitness Schedule

TIME CLASS INSTRUCTOR / STUDIO

## Monday

6:00 – 6:45 am	BODYPUMP Express .....	Katie D.	1
6:00 – 7:00 am	Vinyasa Flow Yoga .....	Meghan M.	3
9:00 – 10:00 am	Studio Strength .....	Dahlia F.	1
9:30 – 10:15 am	Tread & Shred .....	Julie S.	CF
12:00 – 12:50 pm	Studio Cycle .....	Donna W.	C
12:00 – 1:00 pm	Barre .....	Lisa P.	2
5:00 – 5:30 pm	CXWORX .....	Libby R.	1
5:30 – 6:00 pm	HIIT .....	Libby R.	1
6:00 – 6:50 pm	Studio Cycle .....	Marie D.	C
6:00 – 7:00 pm	Barre .....	Daniel H.	2
6:00 – 7:00 pm	BODYPUMP .....	Libby R.	1
6:00 – 7:00 pm	Vinyasa Flow Yoga .....	Samantha M.	3

## Tuesday

5:30 – 6:00 am	HIIT .....	Julie S.	1
6:00 – 6:50 am	Studio Cycle .....	Julie S.	C
6:00 – 7:00 am	BODYPUMP .....	Sarita A.	1
9:30 – 10:30 am	Barre .....	Seth H.	2
12:00 – 1:00 pm	BODYPUMP .....	Amy S.	1
12:00 – 1:00 pm	Yoga (Multi-Level) .....	Adam G.	3
5:00 – 6:00 pm	Yoga Sculpt .....	Samantha M.	3

TIME CLASS INSTRUCTOR / STUDIO

5:30 – 6:30 pm	BODYPUMP .....	Forrest T.	1
6:00 – 7:00 pm	Aerial Cardio + Strength .....	Patti Z.	2
6:00 – 7:00 pm	Vinyasa Flow Yoga .....	Allison H.	3
6:30 – 7:20 pm	Studio Cycle .....	Makenzie V.	C
7:00 – 8:00 pm	Barre .....	Meghan M.	2

## Wednesday

6:00 – 6:30 am	GRIT Strength .....	Krissy C.	1
9:00 – 9:50 am	Studio Cycle .....	Katie D.	C
9:30 – 10:30 am	Barre .....	Meghan M.	2
12:00 – 12:50 pm	Studio Cycle .....	Julie S.	C
5:30 – 6:30 pm	Barre BURN .....	Alisa G.	2
6:00 – 6:30 pm	GRIT Cardio .....	Meagan P.	1
6:00 – 6:50 pm	Live DJ Spin .....	Kathleen F. / Jeff R.	C
6:30 – 7:30 pm	Aerial Cardio + Strength .....	Alisa G.	2
6:30 – 7:30 pm	BODYPUMP .....	Meagan P.	1

1 = Studio 1

2 = Studio 2

3 = Studio 3

CF = Cardio Floor

C = Cycle Studio

TIME CLASS INSTRUCTOR / STUDIO

### Thursday

6:00 – 6:45 am	BODYPUMP Express	Erika S.	1
6:00 – 6:50 am	Studio Cycle	Julie S.	C
6:00 – 7:00 am	Yoga (Multi-Level)	Samantha M.	3
9:30 – 10:30 am	BODYPUMP	Susan B.	1
9:30 – 10:30 pm	Barre	Jenni H.	2
12:00 – 1:00 pm	Vinyasa Flow Yoga	Chris D.	3
5:30 – 6:30 pm	Aerial Cardio + Strength	Alisa G.	2
6:00 – 6:30 pm	GRIT Strength	Breanne L.	1
6:00 – 6:50 pm	Studio Cycle	Tony H.	C
6:30 – 7:00 pm	CXWORX	Linda R.	1
6:30 – 7:30 pm	Barre BURN	Alisa G.	2

### Friday

6:00 – 7:00 am	BODYPUMP	Katie D.	1
9:30 – 10:30 am	Yoga Sculpt	Kraig F.	3
11:30 – 12:30 pm	Aerial Cardio + Strength	Lisa P.	2
4:30 – 5:30 pm	Barre	Jen W.	2
5:30 – 6:00 pm	HIIT	Katie D.	1

TIME CLASS INSTRUCTOR / STUDIO

### Saturday

8:30 – 9:20 am	Studio Cycle	Jason P.	C
9:00 – 9:30 am	GRIT Cardio	Meagan P.	1
9:30 – 10:00 am	CXWORX	Meagan P.	1
9:30 – 10:30 am	Vinyasa Flow Yoga	Stephanie L.S.	3
10:00 – 11:00 am	BODYPUMP	Meagan P.	1
11:00 – 12:00 pm	Barre	Daniel H.	2
12:00 – 1:00 pm	Aerial Yoga	Ashley S.	2
4:00 – 4:45 pm	Aerial Basics	Elisabeth G.	2

### Sunday

9:00 – 10:00 am	Total Body Training	Julie S.	1
10:00 – 10:50 am	Studio Cycle	Julie S.	C
10:00 – 11:00 am	Barre	Linda K.	2
11:00 – 11:30 am	GRIT Strength	Melinda M.	1
11:00 – 12:00 pm	Pilates Mat	Paul R.	3
11:30 – 12:00 pm	CXWORX	Melinda M.	1
5:00 – 6:00 pm	Hip Hop/Funk	Viola E.	1