

Effective September 8 - December 20, 2020

Studio Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15 - 7:00 am Cycle w/ Jean 1		6:15 - 7:00 am Cycle w/ Reese 1		9:00 - 10:00 am ^{NEW} Yoga Flow w/ Emily S (starts Oct 17) 2	9:00 - 10:00 am Yoga Flow w/ Lisa 2
					9:15 - 10:00 am Bootcamp w/ Jenn 1	
					10:30 - 11:30 am Yoga Flow w/ Emily S 2	
					10:30 - 11:15 am Cycle w/ Hector 1	10:30 - 11:30 am Yoga Flow w/ Jenna 2
11:15 - 12:00 pm Yoga Flow w/ Nicole 2	11:15 - 12:00 pm (R) Yoga Flow w/ Irene 2		11:15 - 12:00 pm Bootcamp w/ Josh 2		<div style="background-color: #4CAF50; color: white; padding: 10px; border-radius: 10px;"> <p>PLEASE NOTE:</p> <p>Prior to class, inform your instructor if you have any medical conditions or injuries which may affect your ability to exercise.</p> <p>Pregnant women must complete a PAR-med X for Pregnancy form.</p> <p>Please arrive to class on time, if you must leave early let the instructor know in advance.</p> <p>No cell phone use permitted during class.</p> <p>Studios and equipment are reserved for participants during class times.</p> <p><i>(R) These classes may be recorded for our Fit on Demand channel so that you can access the workout from home. You will not be seen on camera unless you give consent. Class selected are subject to change.</i></p> </div>	
12:00 - 12:45 pm (R) Cardio Workout w/ Hector 1	12:00 - 12:45 pm (R) ^{NEW} Cycle w/ Jill 1	12:00 - 12:45 pm DanceFit w/ Johanna 1	12:00 - 12:45 pm (R) Cycle w/ Sandy 1	12:00 - 12:45 pm (R) Bootcamp w/ Jill 1		
12:30 - 1:15 pm (R) Barre w/ Fleur 2	12:30 - 1:15 pm (R) Pilates Mat w/ Fleur 2	12:30 - 1:15 pm (R) Power Yoga w/ Emily G 2	12:30 - 1:15 pm (R) Barre w/ Miriam 2	12:30 - 1:15 pm (R) Yoga Flow w/ Amanda 2		
1:15 - 2:00 pm (R) Bollywood w/ Rohan 1	1:15 - 2:00 pm (R) ^{NEW} Boot Camp w/ Emily G 1	1:15 - 2:00 pm (R) Cycle w/ Kathy 1	1:15 - 2:00 pm Pilates Mat w/ Chelsea 1	1:15 - 2:00 pm (R) Zumba w/ Alesya 1		
		4:00 - 4:45 pm (R) ^{NEW} Cardio Workout w/ Cathie 1				
5:15 - 6:00 pm ^{NEW} Cycle w/ Jeff 1	5:15 - 6:00 pm DanceFit w/ Johanna 1	5:15 - 6:00 pm (R) HIIT w/ Dan 1	5:15 - 6:00 pm DanceFit w/ Johanna 1			
5:30 - 6:15 pm ^{NEW} Bootcamp w/ Josh 2	5:30 - 6:15 pm Yoga Flow w/ Serena 2	5:30 - 6:15 pm Pilates Mat w/ Chelsea 2	5:30 - 6:15 pm (R) Body Sculpt w/ Dan 2			
6:30 - 7:15 pm (R) HIIT w/ Sandy 1	6:30 - 7:15 pm HIIT w/ Brano 1	6:30 - 7:15 pm Bollywood w/ Yeshvi 1	6:30 - 7:15 pm HIIT w/ Nathalie 1			



KEY TO CLASS LOCATIONS:

- 1 Studio 1
- 2 Studio 2

Studio Class Descriptions

Barre - This class uses a combination of ballet, Pilates and yoga inspired poses done at the barre. Light handheld weights will also be incorporated to intensify the workout and floor mats will also be used for targeted core work.

Body Sculpt - Sculpt and tone your entire body. This strength training class uses a variety of equipment, including free weights, resistance tubing, body balls and your own body weight. Short on time or just want a quick workout?

Bollywood Workout - an exhilarating cardio blast spiced up with groovy Bollywood “jhatkas” and “thumkas” (grooves and moves) for that full body workout like never before. The class focus is on improving fitness, relieving stress, building team spirit and confidence while boosting concentration.

Boot Camp - A conditioning circuit class designed for the aspiring athlete in all of us! This class combines sport specific drills, interval training and strength stations.

Cardio Workout - A full body conditioning high energy choreographed class. Hi/low cardio incorporating strength training with light weights (optional).

DanceFit - Increase the FUN in your fitness! Fun moves & fun music equals a fit body at this choreographed cardio workout. Improve your cardio endurance, core strength, flexibility & exercise attitude! No experience necessary.

HIIT - This is a high intensity interval training class. You'll burn calories, build strength and have fun. Utilizing weights including your own body weight, this will be a full body workout.

Indoor Cycling - Cycle classes are a great cardio workout for everyone. Maximize YOUR caloric expenditure while utilizing the power of your internal motivation. No experience necessary, all levels welcome. Bring water and a headset – volume levels are individually set for each rider. Note: ticket system in effect, pick yours up at Member Services 15 min prior. Member only class.

Pilates Mat - This class teaches a series of mat exercises with progressive options for all levels.

Power Yoga - Power yoga is about exploring our full potential. Modifications are always offered to honor each individual, respect boundaries, and to get to know those boundaries so that they don't limit us. In this way, we create an atmosphere conducive to natural expansion and growth.

Yoga Flow - Improve your flexibility, strength and balance with a selection of Yoga poses taught in a flowing sequence.

Zumba - Zumba is a fusion of Meringue, Salsa, Samba, Mamba, Cha-cha-cha, Cumbia, Flamenco, Belly dance, and Tango moves. We will teach you step-by-step moves, no dance experience needed!