

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			
					9:15 - 10:00 am Bootcamp w/ Jenn 1	
					10:00 - 11:00 am Yoga Flow w/ Emily S 2	
					10:30 - 11:15 am Cycle w/ Hector 1	10:30 - 11:30 pm Yoga Flow w/ Jenna 2
11:30 - 12:15 pm Yoga Flow w/ Nicole 2	11:30 - 12:15 pm Yoga Flow w/ Irene 2		11:30 - 12:15 pm Bootcamp w/ Josh 2			
12:15 - 1:00 pm Cardio Circuit w/ Hector 1	12:15 - 1:00 pm Bootcamp w/ Kristi 1	12:15 - 1:00 pm DanceFit w/ Jo 1	12:15 - 1:00 pm Cycle w/ Sandy 1	12:15 - 1:00 pm Zumba w/ Alesya 1		
12:45 - 1:30 pm Yoga Flow w/ Jill 2	12:45 - 1:30 pm Pilates Mat w/ Fleur 2	12:45 - 1:30 pm Power Yoga w/ Emily G 2	12:45 - 1:30 pm Yoga Flow w/ Nicola 2	12:45 - 1:30 pm Yoga Flow w/ Amanda 2		
1:30 - 2:15 pm Cycle w/ Kathy 1	1:30 - 2:15 pm Cycle w/ Karey 1	1:30 - 2:15 pm Floor Barre w/ Miriam 1	1:30 - 2:15 pm Pilates Mat w/ Chelsea 1	1:30 - 2:15 pm Cycle w/ Leila 1		
5:15 - 6:00 pm Bootcamp w/ Josh 1	5:15 - 6:00 pm DanceFit w/ Jo 1	5:15 - 6:00 pm HIIT w/ Dan 1	5:15 - 6:00 pm DanceFit w/ Jo 1	5:15 - 6:00 pm Cardio Circuit w/ Ewa 1		
5:45 - 6:30 pm Yoga Flow w/ Emily S 2	5:45 - 6:30 pm Yoga Flow 2	5:45 - 6:30 pm Pilates Mat w/ Chelsea 2	5:45 - 6:30 pm Body Sculpt w/ Dan 2			
6:30 - 7:15 pm HIIT w/ Sandy 1	6:30 - 7:15 pm HIIT w/ Nathalia 1					

PLEASE NOTE:

Prior to class, inform your instructor if you have any medical conditions or injuries which may affect your ability to exercise.

Pregnant women must complete a PAR-med X for Pregnancy form.

Please arrive to class on time, if you must leave early let the instructor know in advance.

No cell phone use permitted during class.

Studios and equipment are reserved for participants during class times.



KEY TO CLASS LOCATIONS:

1 Studio 1
 2 Studio 2

Studio Class Descriptions

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?

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 Circuit - A FULL body conditioning class. This class includes a complete cardio blast and finishes with some serious strength work.

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.

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

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 has its roots in Ashtanga which takes its cues from the practice made famous from Ashtanga master Sri K. Pattabhi Jois. This class moves with an even rhythm incorporating a series of Vinyasas, that will strengthen and challenge your yoga practice.

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!