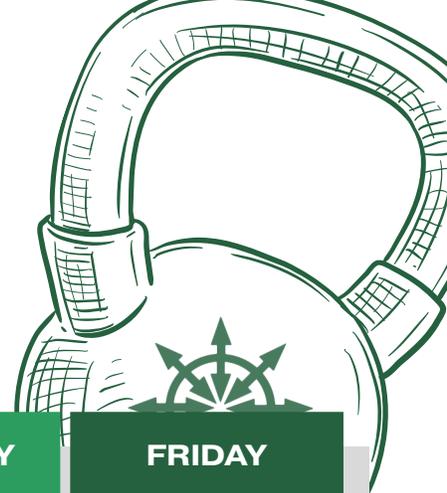


GROUP FITNESS SCHEDULE

September - December



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	Zumba (8:00-9:00)	Life Fitness (8:00-9:00)	(SIC) Strength Infused Cardio (7:45-8:45)	Women's Strength and Balance (10:00-11:00)	Stretch and Release (8:00-9:00)
	Cross Training for Everyone (9:00-10:00)	Chair Yoga (10:00-11:00)	Gentle Yoga (9:00-10:00)	Men's Strength and Balance (11:30-12:30)	Zumba (9:15-10:15)
	Step and Stretch (10:15-11:00)	Women's Strength and Balance (10:00-11:00)		Shake and Burn (10:00-11:00)	Full Body Blast (9:00-10:00)
		Men's Strength and Balance (11:30-12:30)			
EVENING			Heart Based Meditation (4:00-5:00)	POP! Pilates (5:30-6:30)	
	Power Hour (5:30-6:30)	Pilates/Yoga Blend (5:30-6:30)	Shake and Burn (5:30-6:30)	Flow Yoga (5:30-6:30)	

Scan here to learn more about our weekly classes

SATURDAY	SUNDAY
Weekend Warrior (9:00-10:00)	Pilates (9:00-10:00)
	Cardio Kickboxing (10:00-11:00)

Classes are subject to change. Please call the front desk or join our fitness email list for updates.

Zumba

Mondays- 8:00-9:00am

Fridays- 9:15-10:15am

This is a high-energy class that uses Latin and international music to create a dynamic, exciting, and effective fitness program. Every class feels like a party! Zumba routines feature a combo of fast and slow rhythms that make you feel joyful and alive. No dance experience is necessary.

Cross Training for Everyone

Mondays- 9:00-10:00am

This is a purposefully inclusive class designed to meet you where you are. A mix of weighted, and body weight movements along with agility and balance, with pacing to improve cardio and heart health. Core targeted throughout with occasional hyper focused core work.

Power Hour

Mondays- 5:30-6:30pm

If we are talking about POWER, then we must be talking about Kathy Roy. This total-body, high energy workout focuses on endurance, agility, and strength. Each class ends with a relaxing stretch that will leave you feeling great.

Life Fitness

Tuesdays- 8:00-9:00am

Exercise should help you feel better and move easier. This class is designed to increase your body awareness and workout in an intelligent way that keeps you happy and healthy for life.

Strength and Balance

Tuesdays & Thursdays

No matter what your age, movement can help keep you healthy and protect you from injury. The aim of this class is to build muscular strength, coordination, and balance at a slow and safe pace. *all genders welcome*

Chair Yoga

Tuesdays- 10:00-11:00am

Get all the benefits of traditional yoga with the safety and support of a chair. Come see how dynamic, engaging, and relaxing yoga can be when you have six legs.

Pilates

Sundays- 9:00-10:00am

Improve your posture, develop balance, and build core strength. Pilates is a great way to improve any movement you do, whether it is for fitness or function.

Cardio Kickboxing

Sunday- 10:00-11:00am

A high-energy cardio workout that will keep you strong and flexible. Punching mitts, shadow boxing and other dynamic movements can break your fitness routine out of the box. This class is suitable for all fitness levels.

Gentle Yoga

Wednesdays- 9:00-10:00am

This gentle yoga class is based on a Kripalu style of yoga. Kripalu is a type of Hatha yoga that begins with breathing exercises (pranayama) and stretches followed by an exploration of postures (asana) and ending with a final relaxation. Kripalu emphasizes self-acceptance and moving at your own pace and makes it great for both beginners and seasoned yogis alike.

Strength Infused Cardio (SIC)

Wednesdays- 7:45-8:45am

Build strength, stamina, and endurance in this high-intensity, full body workout that uses weights to get you in your cardio zone. This class is appropriate for all levels of fitness. This is a drop-in class, no registration required!

Pilates/Yoga Blend

Tuesdays- 5:30-6:30pm

Explore the benefits of Pilates and Yoga in this combo class to strengthen core muscles & joint stability, develop breath & body connection, and increase flexibility & balance. All fitness levels are welcome.

Shake and Burn

Wednesdays- 5:30-6:30pm and Thursdays 10:00-11:00am

If you want to get in shape, have fun, and feel great, this class is for you. This high-energy class uses a variety of modalities such as dumbbells, maracas, chairs, and world music to get you toned and keep you laughing!

POP! Pilates

Thursdays- 5:30-6:30pm

Pop!Pilates is a fusion of ab-chiseling and total body defining moves choreographed to the beat of music. This mat-based workout challenges students to rhythmically flow from one exercise to the next, developing a rock solid core while leaving no muscle untouched, taking traditional

Flow Yoga

Thursdays- 5:30-6:30pm

This comprehensive, moderate-level class builds core strength, flexibility, and balance while providing a nervous system reset through slow, intentional movements and held postures. Pose modifications are available.

Full Body Blast

Fridays- 9:00-10:00am

Start your Friday off right with a cardio class that will work you from head to toe. Mix up free weights, dynamic bodyweight movements, and cardio for a total fitness experience.

Weekend Warrior

Saturday- 9:00-10:00am

Kick start your weekend with a mix of strength, cardio, and balance exercises! Build your strength, endurance, and stability while getting the energy you need to enhance your weekend!