






| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|---|---|
| <p>8:00-8:55am ■ <i>Cycle Sampler(B)</i> Rhonda</p> <p>9:00-9:55am <i>Body Sculpt (A)</i> Nancy</p> <p>10:00-10:55am <i>Mat Pilates (A)</i> Courtney</p> <p>9:15-10:00/10:15-11:00am <i>Gentle Joints: Yoga (C)</i> Linda Pruss</p> <p>11:00-11:55am <i>Walk Fit + Stretch (Track/A)</i> Courtney</p> <p>5:15pm-6:00pm★ <i>C.R.T. (FF/A)</i> <i>(cardio resistance training)</i> Susan Z.</p> <p>6:00-6:55pm <i>Power Vinyasa (C)</i> Dana</p> <p>7:00-7:55pm <i>Yin Vinyasa (C)</i> Dana</p> <p>6:00-6:55pm (A)  Linda Poirier</p> <p>6:00-6:55pm ■ <i>Cycle Sampler (B)</i> Susan Z.</p> <p>7:00-7:55pm <i>Yogalates (A)</i> Linda Poirier</p> <p>8:00-8:55pm <i>Power Sculpt (A)</i> Neil</p> | <p>5:15-6:00am <i>Bootcamp Express (A)</i> Eric</p> <p>8:00-8:55am <i>R.I.P.P.E.D. (A)</i> Anne</p> <p>9:00-9:45am ■ <i>Cycle Express (B)</i> Rhonda</p> <p>9:00-9:55am <i>Dance Fit (A)</i> Karen</p> <p>10:00-10:30am <i>Core N' More (A)</i> Karen</p> <p>10:00-10:55am ★ <i>Basic Yoga I (C)</i> Nancy</p> <p>11:00-11:55am <i>Yogalates (C)</i> Linda Poirier</p> <p>11:00-11:55am★ <i>Tabata Interval (A)</i> Anda</p> <p>4:30-5:25pm <i>Pilates (A)</i> Susan Z.</p> <p>5:30-6:25pm ★ <i>C.R.T. (FF/A)</i> <i>(cardio resistance training)</i> Susan Z.</p> <p>5:30-6:25pm <i>Yoga Flow (C)</i> Carole P.</p> <p>6:30-7:25pm <i>Yin with Meditation (C)</i> Carole P.</p> <p>7:00-7:55pm <i>Dance Fit (A)</i> Nancy</p> <p>8:00-8:55pm <i>HIIT (A/FF)</i> Neil</p> | <p>5:15-6:00am <i>Cycle Express (B)</i> Eman</p> <p>8:45-9:40am <i>Body Basics (A)</i> Nancy C.</p> <p>9:45-10:40am <i>Pilates/Fitball (A)</i> Susan Z.</p> <p>9:45-10:45am <i>Yoga @ the Wall (C)</i> Maryann</p> <p>11:00-12:00pm <i>Yin Yoga (C)</i> Maryann</p> <p>11:00-11:55am <i>Walk Fit + Stretch (Track/A)</i> Susan Z.</p> <p>12:15-1:00pm <i>Gentle Joints Strength & Cardio (C)</i> Susan Z.</p> <p>4:00-4:45pm <i>Guided Meditation (C)</i> Carole P.</p> <p>5:00-5:30pm <i>Core Express (FF/A)</i> Neil</p> <p>5:00pm-5:55pm <i>Tai Chi I (SC)</i> Martine</p> <p>5:30-6:25pm (A)  Linda Poirier</p> <p>7:00-7:55pm <i>R.I.P.P.E.D.(A)</i> Anne</p> <p>8:00-8:55pm <i>Power Sculpt (A)</i> Neil</p> | <p>5:15-6:00am <i>Bootcamp Express (A)</i> Eric</p> <p>9:00-9:55am <i>Step Fusion (A)</i> Karen</p> <p>9:00-9:55am ■ <i>Cycle n Sculpt (B)</i> Rhonda</p> <p>10:00-10:55am <i>Yogalates (A)</i> Karen</p> <p>9:15-10:00/10:15-11:00am <i>Gentle Joints Yoga (C)</i> Carole Pompa</p> <p>11:00-11:55am <i>Barre (A)</i> Linda Poirier</p> <p>4:15-5:10pm (A)  Nancy</p> <p>6:00-6:55pm <i>Kickboxing (A)</i> Susan Z.</p> <p>7:00-7:55pm <i>HIIT (SC)</i> Neil</p> <p>8:00-8:55pm <i>Yin Yoga (C)</i> Amanda</p> | <p>8:00-8:55am ■ <i>Cycle Express (B)</i> Rhonda</p> <p>9:00-9:55am (A)  Nancy/Linda Poirier</p> <p>10:00-10:55am <i>Pilates(A)</i> Nancy/Linda Poirier</p> <p>11:00-11:55am★ <i>Walk Fit+Stretch (Track/A)</i> Courtney</p> <p>11:00-11:55am <i>Basic Yoga I (C)</i> Tracy</p> <p>5:00-5:55pm★ <i>C.R.T. (FF/A)</i> <i>(cardio resistance training)</i> Neil</p> <p>6:00-6:55pm ★ <i>Tabata Interval (A)</i> Anda</p> <p>-GET IT NOW- <div style="border: 1px solid orange; padding: 5px; margin: 5px;">Download our App to stay connected with the most up to date class schedule, get text alerts, and event reminders!</div></p> | <p>8:00-8:55am ■ <i>Cycle Sampler (B)</i> Susan Z.</p> <p>8:00-9:00am <i>Mind Body Sola</i> <i>Please refer to monthly schedule in Studio C for specific class each Saturday</i></p> <p>9:15-10:15am <i>Mind Body Sola</i> <i>Please refer to monthly schedule in Studio C for specific class each Saturday</i></p> <p>10:00-10:55am <i>HITT (SC)</i> Carlie</p> <p>11:00-11:55am <i>FAMILY Bootcamp (FF)</i> Carlie <i>(begins 10/7/2017)</i></p> <p>10:30-11:25am (A)  or KICKBOXING <i>Please refer to monthly schedule in Studio A for the specific class each Saturday</i></p> |
| | | | | | Sunday |
| | | | | | <p>9:15-10:10am <i>Sola Cycle (B)</i> Eman</p> <p>10:20-11:15am <i>Piyo Live (A)</i> Kelly</p> |
| | | | | | <p>Rev:10/6/2017 Cutt</p> |
| <div style="border: 1px solid blue; padding: 5px;"> <p>KidsFit Hours Mon-Fri 8:30am-1pm/4:30-8:30pm Sat 8a-1p Sun Closed</p> </div> | | | <div style="border: 1px solid green; padding: 5px;"> <p>Facility Hours Mon-Th 5a-10p Fri 5a-9p Sat 6a-6p Sun 8a-6p *Pool closes 30 minutes before facility closes</p> </div> | | <div style="border: 1px solid purple; padding: 5px;"> <p>Class Location Key Studio A: (A) Studio B: (B) Studio C: (C) Fitness Floor: (FF) Sports Court: (SC) -on the 1st Floor *Please note, all Zumba classes are held in Studio A unless otherwise noted.</p> </div> |
| | | <div style="border: 1px solid red; padding: 5px;"> <p>■ Pick up your Cycle passes at the Fitness Desk 15 minutes prior to class start time to reserve your bike. ★ New Class, Instructor, Time, or Location.</p> </div> | | | |

CARDIO, STRENGTH & CIRCUIT TRAINING

Bootcamp Express: Get up, get in, and get out with this body blasting, cardio enduring, and results gaining experience you won't regret.

Barre: The class begins with a warm up focusing on postural strength and alignment, followed by a series of upper body exercises using light weights. The ballet barre is used to sculpt the lower body, abs, and for flexibility training. **All fitness levels are welcome.**

Body Basics: Get back to the basics: learn how to tone your body using all different movements using free weights, bands, bosu, body bars, and so much more. **ALL Fitness Levels are welcome.**

Body Sculpt: In this class we will use different equipment to work all muscle groups of the body. Short bursts of cardio moves are brought in to raise the heart rate. **ALL Fitness Levels are welcome.**

Core Express: A strong core can help reduce back pain, improve balance, coordination, and overall muscle function. This 30 minute class will train the muscles in your back, hips, and abdomen to improve your core strength!

Core N' More: This class emphasizes on strength training all muscle groups right down to the Core. Tone up, get ripped, and focus on the core through a combination of weight training moves and abdominal exercises. Walk out feeling refreshed with a sore core and yearning for more!

C.R.T. (circuit resistant training): Alternate between cardio and resistance training to reach your optimal level of fitness. **Class may be modified for all fitness levels.**

Cycle Express: this 30 or 45 minute class is perfect for those in a hurry but still want a great workout!

Cycle n Sculpt: Work on both your cardio and weight training to see how this combination can take you to the next level of your fitness goals.

Cycle Sampler: Mix up your ride and sample all your body can do with endurance, hill climbing, high intensity, or interval training and so much more.

Dance Fit: This class is a fun filled, dance inspired cardio workout that will raise your heart rate and you mood! Easy to follow moves makes this class **excellent for every level of fitness.**

HIIT: Enhanced form of interval training, an exercise strategy using alternating periods of short intense anaerobic exercise with less-intense recovery periods. **This class is moderate to high intensity.**

Kickboxing: Kick, jab, upper cut, and weave your way to a higher fitness level. Constantly move, getting in that cardio that we all want and need, as well as core work. You will walk away with a surge of energy and feeling ready for anything that comes your way.

R.I.P.P.E.D.: RESISTANCE. INTERVAL. POWER. PLYOMETRICS. ENDURANCE. DIET. – R.I.P.P.E.D. is a specialized class format lead by R.I.P.P.E.D. – certified and Registered Dietitian, Anne Klauke!

Power Sculpt: Looking for a weight-training class? How about total body conditioning? This class focuses on strengthening your muscles to get the results you've been working for; great for individuals looking to take their strength to the next level.

Tabata Interval: Four minutes of high-intensity training, alternating between 20 seconds of max training followed by a 10-second rest consisting of several sets of a variety of exercises that work the whole body. These workouts are fast-paced, fun, and you burn a ton of calories in a little bit of time.

Walk Fit + Stretch: This low/medium impact class uses intervals of walking and strength training to help keep your muscles strong and aerobic system fit. Includes guided stretch at the end of class.

Zumba: This Latin-based workout combines high-energy music with unique moves and combinations. One hour.

GENTLE JOINTS SERIES

Gentle Joints: Yoga: This is a gentle form of yoga practiced from a chair. Complex movements are not performed in this class. This class will revitalize your body and mind, increase energy, and reduce stress.

Gentle Joints Strength & Cardio: This is gentle joints class puts a twist of resistance training along with some cardio with or without chair.

MIND/BODY

Please bring your own mat, towel or blanket for these classes

Basic Yoga I: Basic Yoga I is an introductory class for **students who are new to yoga or want to refresh their yoga practice.** This class focuses on the basics of yoga. Emphasis is given to the basic alignment and the breathing techniques of yoga. Yoga mat required.

Basic Yoga II: Basic Yoga II is a step up from Basic Yoga I for those who are ready for more of a challenge. **This class is great for members who have been consistently practicing yoga, or for those who are ready for the transition from Basic Yoga I.** Yoga mat required.

Guided Meditation: Meditation is a mind and body practice that has a long history of use for increasing calmness and physical relaxation as well as for enhancing overall health and well-being. Meditation means to listen within. , this guided meditation practice provides a quiet space to sit comfortably, connect with both your mind and body.

Mat Pilates: This core-based class will improve flexibility, stabilization, posture and strength.

Piyo: is a subtle blend of Pilates and yoga, emphasizing body alignment, muscle toning, balance, and flexibility. Choreographed to the beat of current pop music, Piyo is a dynamic workout that targets the core and increases blood flow. Come prepared to be challenged.

Slow Flow Yoga: Slow flow yoga challenges your body in a whole new way. By slowing down your movements and focusing on poses and positions, your body will get stronger while you improve your mobility in a calming environment.

Tai Chi I: Physically, it helps build balance, stability, lower body strength, and awareness of body movement. Mentally, it is calming and because it is a structured form, it helps build concentration and memory. Learn the basics in Tai Chi I before advancing to Tai Chi II (instructor discretion)

Yogalates: A hybrid of yoga and Pilates, this class mixes both disciplines to develop core strength, tone muscles, increase flexibility, and reduce stress. **For all fitness levels.** Yoga mat required.

Yoga @ the Wall: This class provides security and **support for seniors and those in need of yoga therapy and/or adaptive yoga.** Presents fundamentals of yoga postures, aligns the spine, pelvis and shoulders.

Yin Meditation: An **all levels class** focusing on meditation and awareness. In class we explore stillness, breath, and restorative posture.

Yin Yoga: Yin Yoga is a style of yoga that targets the connective tissue to release long held tension and toxins. Postures specifically target the ligaments and tendons that connect the muscles to bone and bone to bone. **This class is for everyone – especially beginners.** Yoga mat required.