# Group Strength, Cardio, Cycling, Mind Body, Water & SilverSneakers Classes

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 5:30 am | **HIGH FITNESS©**<br>Becca | **FIT45®**<br>Cynthia | **Upbeat Barre**<br>Jen T. | **FIT45**<br>Tiphanie | | |
| 5:30/ 6:00 am | **6:00 Indoor Cycling**<br>Pam | | **5:30 Indoor Cycling**<br>Tiffany O. | | **5:30 Indoor Cycling**<br>Shawn | |
| 6:30 am | | | **SURGE Strength**<br>Darci | | **Strength**<br>Audrey | |
| 7:30 am (Pool) | **Aqua Board & Burn**<br>Heather | **TabaSplash**<br>Cynthia | **Sculpt & Splash**<br>Skyler | **Hydro Hustle**<br>Skyler | **Aqua Finish-it Friday**<br>Heather | |
| 8:00 am | **SilverSneakers MOVE®**<br>Karen | **SilverSneakers Yoga®**<br>Kathy | **SilverSneakers Circuit®**<br>Karen | **SilverSneakers Yoga®**<br>Susan | **SilverSneakers Cardio®**<br>Karen | **8.30-9:30 HIGH FITNESS©**<br>Kaitlin |
| 9:00 am | **UPBEAT ROTATION + FIT45**<br>Upbeat Lift / Upbeat Pilates / FIT45 | **Upbeat Barre**<br>Kaitlin | **8:30 TRX® (Upstairs)**<br>Cynthia | **Upbeat Barre**<br>Tiffany M. | **STEP Strong**<br>Mandy | |
| 9:30 am | **Yoga (Upstairs)**<br>Brooke | | **Yoga (Upstairs)**<br>Susan | | | **9:30-10:15 HIIT + Core**<br>Rotation |
| 10:00 am | **SilverSneakers Classic®**<br>Heather | | **SilverSneakers Classic®**<br>Jen T. | | **SilverSneakers Classic®**<br>Heather | |
| | | | | | | **10:30 TRX® Yoga**<br>Cynthia<br>**Schedule at Gym**<br>*Not offered every Sat.* |
| 4:30 pm | **Muscle Pump**<br>Malena | | **Muscle Pump**<br>Malena | **RIP Strength**<br>Casie | | |
| 5:30 pm | **HIIT Bootcamp**<br>Audrey / **Aqua-Fit**<br>Jen N. | **HIIT Bootcamp**<br>Darci | **Upbeat Pilates (downstairs)**<br>Trina / **Interval Training 60 (upstairs)**<br>Meg | **HIIT Bootcamp**<br>Darci | | |
| 6:00/ 6:15 pm | **6:00 Indoor Cycling 45**<br>Meg | **6:15 SURGE Strength**<br>Darci | | | | |
| 6:30 pm | | | **Zumba®**<br>Belinda | **Yoga (Upstairs)**<br>Jenny | | |
| 7:00 pm | **HIGH FITNESS©**<br>Audrey/Kaitlin | **Power Hour (Upstairs)**<br>Jeanene | | | | |

**As of 11/1/2026**

**Child Care available!**

**Mornings:** Mon - Fri 8:15 AM- 12 PM.

**Evening:** Mon 4:15 PM-8 PM & Wed 4:15 PM- 7:30 PM

**Cost:** $3/hr; 17 (1-hr) passes for $34 ($2/hr); or Monthly Rates available.

| Elevate Class Descriptions |
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| **Aqua Classes (45-60 min):** Each class you can expect something new from Circuit training to Interval training in the water working out to music using aquatic barbells and pool noodles. This class is for all abilities & will improve aerobic endurance, muscular strength & core stability. |
| **FIT45 (45 min):** Total-body workout combining Strength Training, HIIT, Tabata, & Cardio Conditioning to keep you moving & motivated. This class is for all ages & Fitness levels. We use a variety of equipment & you can expect something different every time you come to keep it fresh & fun & always wondering what is in store for your next. |
| **HIGH Fitness© (60 min):** Get a high caloric burn in this fun, hardcore fitness class incorporating interval training & easy to follow choreography to pop music that can be modified to meet individual needs in motivating and energetic atmosphere. |
| **HIIT Bootcamp (35-45 min):** High Intensity Interval Training alternates short periods of high intensity work followed by low intensity work using a variety of equipment. |
| **Indoor Cycling (45-60 min)**: Raise your heart rate in this indoor cycling class that will challenge any fitness enthusiast. |
| **Interval Training (45 min):** Total body workout building strength & aerobic endurance using interval type sequence & a variety of exercise equipment. |
| **Muscle Pump (60 min):** Build strength utilizing a variety of exercise equipment & variations in intensity and resistance. Can be modified for intensity. |
| **Power Hour (HBS- Heart, Body-n-Soul) (60 min):** Heart pumping cardio, muscle sculpting & soul rejuvenation. This class utilizes a variety of cardio formats, resistance tools & always ends with a focus on mind/body connection. |
| **RIP Strength (60 min):** A Barbell based class really focusing on the core principles of lifting. It's all about building a solid foundation with correct form, consistent practice & gradual progression. It's the starting point for anyone serious about lifting and getting stronger. |
| **SilverSneakers® (60 min):**<br>**8 AM Monday Boom Move It/Boom Muscle-** Burn calories & get your heart pumping in this high-intensity dance MOVE workout & Tone your muscles and build overall strength in MUSCLE. Don't worry about getting every step perfect, just have fun & improve your cardio, endurance, and strength.<br>**8 AM Wednesday Circuit-**Move to non-impact standing choreography alternated with safe, fun, and effective exercises for upper-body strength work. A chair is used for support during standing sequences.<br>**8 AM Friday Cardio-** Focus on building upper-body & core strength with added cardio endurance in this heart-healthy aerobics workout using low-impact movements. This class is primarily without a chair.<br>**10 AM Mon/Wed/Fri Classic-** Strengthen muscles and increase range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles & a SilverSneakers® ball. Often a chair is used for seated exercises or standing support.<br>**SilverSneakers® Yoga (60 min):**<br>**8 AM Tuesday and Thursday-** Target your flexibility range of motion, balance & mind-body integration in the Yoga class. |
| **Strength Training (30-40 min):** Learn proper form, slow your movements to allow muscle growth over time & keep your body in good alignment. |
| **STEP Strong (60 min):** Fun, fast paced class, perfect mix of cardio & strength; steady beat w/step combos & supersets with dumbbells. All fitness levels! |
| **Surge Strength (45 min):** High-rep, targeted, full-body weight training workout designed to strengthen and tone muscles using dumbbells, set to music! |
| **TRX© (30-40 min):** Total Body Workout using gravity & body weight to perform exercises to strengthen your core & increase muscular endurance. |
| **Upbeat Formats (50-60 min):**<br>**Upbeat Barre-** Combines strength training, Pilates, cardio, & yoga into high-energy fun. UPB rocks popular tunes for an intense & accessible muscular-endurance workout.<br>**Upbeat Lift (1ST Monday each Month at 9 am)-** Combines pure strength SUPERSET with progressive overload endurance training, isolating muscle groups and working to failure with heavy weights, then working to build endurance in drop-sets. UPL rocks popular tunes, choreographed for an intense and accessible muscular strength workout.<br>**Upbeat Pilates (3rd Monday each Month at 9 am / Every Wednesday 5.30 pm)-** High-energy mat class that utilizes traditional Pilates elements and equipment in an UpBeat way. UPP rocks choreographed popular tunes for a core-focused, full body, consistent, and sweaty workout that leaves no muscle behind. |
| **Yoga (60 min)-** Improve range of motion (balanced flexibility & strength), balance & mind-body integration, combine principles of Iyengar Yoga, Viniyoga & Vinyasa. |
| **Zumba® (60 min):** Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy to follow, Latin-inspired, calorie burning dance fitness-party. It's exercise in disguise. |