

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

Time	Monday		Tuesday	Wednesday		Thursday	Friday	Saturday
5:30 am	High Fitness® Baylin		TRX® Cynthia	Upbeat Barre Jen T.		BARBELL HIIT Tiphanie		
				Indoor Cycling 45 Tiffany O.			Indoor Cycling Pam	
6:00 am	6:00 Indoor Cycling Pam							
6:30 am				Surge Strength Darci			Strength Audrey	
7:30 am	Aqua Cardio Abby	Aqua Circuit Abby	Aqua Endurance Abby	Aqua Interval Abby	Aqua Finish-it Friday Abby			
8:00 am	SilverSneakers MOVE® Nicolle	Yoga for Healthy Aging Kathy	SilverSneakers Circuit® Karen	Yoga for Healthy Aging Susan	SilverSneakers Cardio® Karen			
8:30 am				TRX® (Upstairs) Cynthia			AfterBURN (Upstairs) Nicolle	8:30-9:30 HIGH Fitness® Kaitlin
9:00 am	Tabata GX® Nicolle		Upbeat Barre Kaitlin			Upbeat Barre Tiffany M.	STEP Strong Mandy	
9:15 am				Indoor Cycling 45 Nicolle				
9:30 am	Yoga (Upstairs) Brooke			Yoga (Upstairs) Susan				9:30-10:15 HIIT + Core Audrey
10:00 am	SilverSneakers Classic® Abby			SilverSneakers Classic® Abby			SilverSneakers Classic® Abby	
11:00 am	SilverSneakers Circuit® Marci			SilverSneakers MOVE® Marci				10:30 TRX® Cynthia Schedule at Gym Not offered every Sat.
4:30 pm	Muscle Pump Malena			Muscle Pump Malena				
5:30 pm	HIIT Bootcamp Audrey	AquaFit Jen	HIIT Bootcamp Darci	Upbeat Pilates (downstairs) Trina	Interval Training 60 (Upstairs) Meg	HIIT Bootcamp Darci		
6:00 pm	Indoor Cycling 45 Meg		6:15 Surge Strength Darci					
6:30 pm				Zumba® Belinda		Yoga (Upstairs) Jenny		
7:00 pm	High Fitness® Audrey/Kaitlin		Power Hour (Upstairs) Jeanene			High Fitness® Baylin/Aspyn		

As of 11/9/2025

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

Aqua Classes (60 min): Every day expect something new from Circuit training to Interval training in the water working out to music using aquatic bar bells and pool noodles. This class is for all abilities & will improve aerobic endurance, muscular strength & core stability.

After Burn! (60 min): Blast your body w/ us in this cardio/strength interval training class. This class is always different utilizing multiple class formats from HIIT to occasional step aerobics to keep your body guessing!

HBS (Heart, Body -n- Soul) Power Hour (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.

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 (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.

SilverSneakers® (60 min):

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.

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.

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.

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.

11 AM Mon & Wed Circuit / Boom Move- 45-50 minute class. See descriptions above.

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!

Tabata GX® (60 min): Utilize multiple HIIT training protocols and timing strategies for variety and optimal success.

Total Conditioning (45 min): Try a variety of cardio moves & toning exercises using free weights & other fitness equipment to start your day!

TRX® (30-40 min): Total Body Workout using gravity & body weight to perform exercises to strengthen your core & increase muscular endurance.

Upbeat Barre (60 min): Combine Pilates, Yoga & Ballet movements to sculpt your body in this low impact, high intensity toning class. We will utilize fun music & repetitive movements that will burn out each muscle group for a fun and intense full body workout.

Upbeat Pilates (45-50 min): High-energy mat class that utilizes traditional Pilates elements & equipment in an UpBeat way!

Yoga (60 min): Improve range of motion (balanced flexibility & strength), balance & mind-body integration, combine principles of Iyengar Yoga, Viniyoga & Vinyasa.

Yoga for Healthy Aging (60 min): Target your flexibility, range of motion, balance, & mind-body integration in this Yoga class.

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.