

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.	Indoor Cycling 45 Tiffany O.	BARBELL HIIT Tiphanie	<div style="border: 1px solid black; padding: 5px; text-align: center;"> 8:30-9:30 HIGH Fitness® Kaitlin </div>
6:00 am	6:00 Indoor Cycling Pam				Indoor Cycling Shawn	
6:30 am			SurgeFit Strength Darci		Strength Audrey	
7:30 am	Aqua Cardio Heather	Aqua Circuit Cynthia	Aqua Endurance Heather	Aqua Interval Rotation	Aqua Finish-it Friday Heather	
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	
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			
10:00 am	SilverSneakers Classic® Heather		SilverSneakers Classic® Jen T.		SilverSneakers Classic® Heather	
4:30 pm	Muscle Pump Malena		Muscle Pump Malena	RIP Strength Casie		<div style="border: 1px solid black; padding: 5px; text-align: center;"> 10:30 TRX® Yoga Cynthia </div>
5:30 pm	HIIT Bootcamp Audrey	AquaFit Jen N.	HIIT Bootcamp Darci	Upbeat Pilates (downstairs) Trina	Interval Training 60 (upstairs) Meg	<div style="border: 1px solid black; padding: 5px; text-align: center;"> HIIT Bootcamp Darci </div>
6:00 pm	Indoor Cycling 45 Meg	6:15 SurgeFit Strength Darci				<div style="border: 1px solid black; padding: 5px; text-align: center;"> Schedule at Gym <i>Not offered every Sat.</i> </div>
6:30 pm			Zumba® Belinda	Yoga (Upstairs) Jenny		
7:00 pm	High Fitness® Audrey/Kaitlin	Power Hour (Upstairs) Jeanene				

Off for Summer

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 (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.

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!

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.

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):

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.

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.

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 (50-55 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.