

Group Strength, Cardio & Mind Body Classes

	Monday		Tuesday		Wednesday		Thursday		Friday	
TIME	DOWN	UP	DOWN	UP	DOWN	UP	DOWN	UP	DOWN	UP
5:30 am	HIIT Fab	Conditioning Lisa	HIIT Fab		HIIT IT 45 Lisa		HIIT Fab		High Fitness® Audrey	F.I.T. Lisa
6:00 am						Yoga Jenny				
6:15 am	Meta Burn Fab			6:15-7:15 Yoga Shred® Fab	Surge Fit® Darci		Meta Burn Fab			
6:30 am									Strength Training Audrey	
7:00 am	Barre Tiffany M.					Bosu HIIT Cynthia				
8:30 am		Tabata GX® Nicolle		Cardio Sculpt 45 Karen		Bosu (soon TRX) Cynthia		Meta Burn Fab		Body Blast Nicolle
9:45 am				9:45-11 A&V Yoga Barbara				9:45-11 A&V Yoga Barbara		
Noon	Bars & Bands Liz					Pilates 35 Barbara				
4:30 pm	Muscle X Malena				Muscle X Malena					
5:30 pm	HIIT Audrey	FUNctional Fitness Meg	HIIT Fab		PIYO 45 Meg		Surge Fit® Darci			
6:30 pm	High Fitness® Audrey		Zumba® Elizabeth		Mixed Fit Belinda		Zumba® Elizabeth			
7:00 pm		Zumba Step® Sunflower								

Saturday

8:00 am	High Fitness® Kaitlin
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Indoor Cycling Classes

	Monday	Wednesday	Friday
5:30 am		Tiffany O.	Shawn
6:00 am	Shawn		

Class Descriptions

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

Bars N Bands- Offset your cardio with this classic barbell class.

Body Blast!- Come blast your body with 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!

Bosu HIIT- Focus on balance, stability and core strength using a H.I.I.T. format for cardio endurance and strength.

Cardio Sculpt- Build, sculpt and define lean muscle with intense isolation exercises using free weights, bar bells and bands while getting your heart up using Kenpo movements.

Conditioning- Come try a variety of cardio moves and toning exercises using free weights and other equipment to start your day!

Cycling 45- Come willing to work and have fun in this 45-minute energizing spin class fueled by great music and variations in resistance and mixed terrain.

F.I.T.- (Fun Interval Training) Total body workout building strength and aerobic endurance using interval type sequence. This class uses a variety of exercise equipment to keep things fun!

FUNctional Fitness- Focus on functional fitness in this boot camp style class.

High Fitness[®]- Get a high caloric burn in this fun, hardcore fitness class incorporating interval training and easy to follow choreography to pop music that can be modified to meet individual needs in motivating and energetic atmosphere.

HIIT- High Intensity Interval Training. HIIT alternates short periods of high intensity work followed by low intensity work (recovery) using a variety of equipment.

H.I.I.T. IT 45- Burn more calories in this full body workout of interval training sequences. Walk away feeling strong.

Indoor Cycling- Raise your heart rate in this indoor cycling class that will challenge any fitness enthusiast.

Meta Burn- Incorporate focused moves with elements of Kettlebells, Yoga Shred, Strength and Conditioning, HIIT and Core and Cardio Blast in this

combination class. Each week will vary.

Mixed Fit- Combine explosive dancing with body weight toning.

Muscle Xtreme- Build strength utilizing a variety of exercise equipment and variations in intensity and resistance.

Pilates 35- Focus on making slow controlled lengthening and strengthening movements while on building long lean muscle. 35 minutes

PiYo[®] 45- Like H.I.I.T? Try this Pilates form of H.I.I.T.

Strength Training- Learn proper form, slow your movements to allow muscle growth over time and keep your body in good alignment.

Surge Fit- Get results fast with this energizing HIIT workout using high intensity cardio tracks that push fat burning systems into high gear and high rep strength tracks that shape and tone for maximum results.

Tabata GX[®]- Utilize multiple HIIT training protocols and timing strategies for variety and optimal success.

Total Conditioning- Try a variety of cardio moves and toning exercises using free weights and other fitness equipment to start your day!

TRX- Total Body Workout using gravity and body weight to perform exercises to strengthen your core and increase muscular endurance.

Strength- Strengthen everything in this full body workout.

Surge Fit[®]- Get results fast with this energizing H.I.I.T. workout using high intensity cardio tracks that push fat burning systems into high gear and high rep strength tracks that shape and tone for maximum results.

Yoga- Improve your range of motion (balanced flexibility and strength), balance and mind-body integration.

Yoga: Alignment & Vinyasa- Combine principles of Iyengar Yoga, Viniyoga and Vinyasa for an individualized alignment-based practice.

Yoga Shred[®]- This class is yoga + intensity training combined to bring you a holistic fitness transformation.

Zumba[®]- 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.

Zumba Step[®]- Combine the awesome toning and strengthening power of step aerobics in this Zumba class that combines Latin and international music in a fun and effective workout.