









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

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
TIME	Downstairs	Upstairs	Downstairs	Upstairs	Downstairs	Upstairs	Downstairs	Upstairs	Downstairs	Upstairs	Downstairs
5:30 am	HIIT Fabula	Total Conditioning Lisa	HIIT Fabula		HIIT IT 45 Fabula		HIIT Holly		F.I.T. Lisa		
					Indoor Cycling Tiffany O.				Indoor Cycling Shawn		
6:00 / 6:30 am	6:00 Indoor Cycling Shawn								6:30 Strength Audrey	6:00 Yoga Carolee	
7:30 am	SilverSplash® Abby 		Aqua Circuit Abby		SilverSplash® Abby 		Aqua Interval Abby				
8:00 am	SS Boom Move it® Nicolle 		Yoga for Healthy Aging Kathy		SS Circuit® Liz 		Yoga for Healthy Aging Susan		SS Cardio® Liz 		
8:30 am						TRX® Cynthia				Body Blast Nicolle	HIGH Fitness® Kaitlin
9:00 am	Tabata GX® Nicolle		Barre Kaitlin				Barre Tiffany M.		HIGH/Yo® Audrey		
9:15 am					Indoor Cycling Nicolle						
9:30 am		Yoga Susan				Yoga Carolee					HIIT + Core Audrey
10:00 am	SS Classic® Abby 				SS Classic® Abby 				SS Classic® Abby 		
4:30 pm	Muscle X Malena		Kickbox Tone Karen		Muscle X Malena						
5:30 pm	HIIT Audrey		HIIT Darci			F.I.T. Meg	HIIT Darci				
6:00 pm	Indoor Cycling Meg										
6:30 pm					Zumba® Belinda	Yoga Jenny					
7:00 pm	High Fitness® Audrey/Kaitlin		HBS (Power) Jeanene								

As of 9/4/2023

Child Care available! Mornings: Monday - Friday 8:15 AM- Noon; Evenings: Monday – Thursday 4:15 PM – 7:30 PM. \$3/hour or 17 (1-hr) punch pass for \$34.

Aqua Circuit- Increase your aerobic endurance, muscular strength and core stability while exercising to music. Emphasizes proper form and posture while alternating between aerobic periods (3-4 minutes) and strength periods (1-2 minutes) using aqua bells. It ends with a wonderful stretch to increase flexibility.

Aqua Interval- (HIIT) Alternate short periods of intense exercise with less-intense recovery periods using music. The buoyant properties of water allow you to work at a higher level with less impact on your body. Noodles and aqua bells available for warm down finishing with stretching for an exhilarating workout.

Barre- Upbeat 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.

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 HIIT format for cardio endurance and strength training.

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.

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!

HBS (Heart, Body -n- Soul)- Heart pumping cardio, muscle sculpting and soul rejuvenation. This class utilizes a variety of cardio formats, resistance tools & always ends with a focus on mind/body connection. Guaranteed to make you smile.

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.

HIGH /Yo®- HIGH: Zero equipment, aerobic/anaerobic full body workout set to fun Music! YO: Yoga inspired; music driven restorative stretching!

HIIT/ H.I.I.T. IT 45- High Intensity Interval Training alternates short periods of high intensity work followed by low intensity work using a variety of equipment.

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

Kickboxing Tone- Excellent cardio/strength mix utilizing kickboxing moves and following up with barbell/dumbbell toning.

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

SilverSneakers®Boom Move It/Boom Muscle- Burn calories and 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 and improve your cardio, endurance, and strength.

SilverSneakers®Cardio Fit- Focus on building upper-body and core strength with added cardio endurance in this heart-healthy aerobics workout using low-impact movements. This class is primarily without a chair.

SilverSneakers®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.

SilverSneakers®Classic- Strengthen muscles and increase range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers® ball. Often a chair is used for seated exercises or standing support.

SilverSneakers®Splash- Increase strength and endurance in this fun, shallow-water exercise class using a signature splashboard. Splash is suitable for all skill levels and is safe for non-swimmers.

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

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.

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

Yoga for Healthy Aging- Target your flexibility, range of motion, balance, and mind-body integration in this Yoga class.

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.