

GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45 - 6:45am Spin Circuit Julianne		5:45 - 6:45am Strong Bodies Julianne		8:15 - 9:15am Strong Bodies Donna	
8 - 9am Yogalates Helen	8 - 9am Strong Bodies Yvonne	8 - 9am Spin/Core Yvonne	8-9am Strong Bodies Helen		9:20 - 10:05am Spin Jamie	
10 - 11am Enhance Fitness *Must Register	10 - 11am Zumba Gold Jonelle	10 - 11am Enhance Fitness *Must Register	10 - 11pm Zumba Gold Jonelle	10 - 11am Strength Circuit Katie	10:15 - 12pm Dance Classes *Must Register	12 - 12:45pm Pm PIYO Kristen
5:30 - 6:15pm Family Yoga *Must Register	6 - 6:50pm Strong Bodies Donna	6 - 6:50pm Turbo Kick Jessica	6 - 6:50pm Strong Bodies Donna	<p>Ages 12 years and up are welcome to participate in any of our group exercise classes.</p> <p>GROUP EXERCISE CLASS FEE: Members: Free General Public: \$7.00 Punch Card: \$35.00 for 6 visits</p> <p>Note: Classes may be cancelled due to low participation, please check with the front desk for current schedule.</p>		
6:30 - 7:30pm Beginning Yoga Brianna	7 - 7:45pm Hustle Jessica *starts Sept 9th	7 - 7:30pm Express Spin Amy				

Effective
September 2 - October 6

GROUP EXERCISE DESCRIPTIONS

Express Spin - 30 minute class

This indoor cycling class is tailored for participants at Beginning and Intermediate levels.

Spin/Core - 60 minute class

This indoor cycling class is tailored for the beginner, intermediate and advanced levels with segments of hill climbs, jumps, flat roads, sprints or intervals with music. 60 minute spin/core classes include 15-20 minutes of "core" work (abs, lower back and glutes) in various styles of pilates, floor, balls, or weights.

Strength Circuit - 60 minute class

Strength training is an important aspect of overall well being. Get a great total body workout while increasing muscular strength and endurance.

Strong Bodies - 50-60 minute class

This class is weightlifting to music for a total body workout. You will be utilizing a barbell with adjustable weights; great for men and women.

Yogalates - 60 minute class

This class combines moves from Yoga and Pilates for the perfect combination of toning, flexibility and stress reduction.

Zumba /Zumba Gold - 45-60 minute class

A fusion of Latin American and international dance. Routines feature aerobic and interval training that tone and sculpt. Zumba Gold is low impact Zumba easier on joints and slower in pace.

Hustle - 45 minute class

Hip hop, latin, international dance movements will be used to increase heart rate and help you forget you are exercising!