

GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45 - 6:45am Strong Bodies Julianne	5:45 - 6:45am Spin Circuit Julianne			8:15 - 9:15am Strong Bodies Donna	
8 - 9am Yogalates Helen	8 - 9am Strong Bodies Yvonne	9- 9:30am Express Spin Rachel	8 - 9am Strong Bodies Helen/Abby	9 - 9:50am Beginning Yoga Brianna	9:20 - 10:20am Fitness Mix Alternates see schedule	10:30-11:30am Strength Circuit Katie
10 - 11am Enhance Fitness *Must Register	9:05 - 10am Core Strength and Stability Kristen	10 - 11am Enhance Fitness *Must Register	9:05 - 10am Yogalates Helen	11:00 - 12:00am Body Combat Aubrey *starts July 3rd	10:15 - 12pm Dance Classes *Must Register	12 - 1pm PiYo Kristen
5:30 - 6:30pm Yoga for the Back *Must Register	10 - 11am Zumba Gold Jonelle	5-5:50pm PiYo Jen	10:05-11 am Zumba Gold Jonelle	<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>		
6:35 - 7:30pm Beginning Yoga Brianna	6 - 6:50pm Strong Bodies Donna	6-6:50 PM Kick Boxing Molly	6 - 6:50pm Strong Bodies Donna			

Effective
July 1 - September 5

GROUP EXERCISE DESCRIPTIONS

Express Spin - 30 minute class

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

PiYo - 60 minute class

This fat-burning, low-impact class combines the muscle-sculpting benefits of Pilates with the strength and flexibility of yoga. The pace is faster than a traditional Pilates or yoga class.

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.