



2018 Group Exercise Schedule

Effective January 8, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
7:00-7:30 Sunrise Stretch All Staff 	7:00-7:30 H.I.I.T. Aaron	7:00-7:30 Cycle 30 Jessica	7:00-7:30 Sunrise Stretch Jessica	
11:15-12:00 Wild Card Cycle Jessica 12:05-1:05 Balance Yoga Anil 1:10-1:55 Locomotion 1:55-2:10 Abs Blast Julie	11:15-12:00 Kettle Boot Camp Daisha 12:05-12:50 Zumba 12:50-1:05 Abs Blast Patricia G.	11:15-12:00 Buns & Guns Aaron  12:05-12:50 BANG! 12:50-1:05 Abs Blast Patrice B. 1:10-2:10 Balance Yoga Anil	11:15-11:45 Power Core Daisha 12:20 – 1:05 Step & Strength Julie	11:15 - 12:00 Cardio, Strength, Flexibility & Balance 12:00-12:15 Abs Blast Aaron 12:20-1:20 Yoga Sheree 1:25-2:10 Cycle 45  All Staff
5:15-6:00 Buns & Guns 6:00-6:15 Abs Blast All Staff 	5:15-6:00 Body Sculpt Jessica 	5:15-6:00 Cycle Strong 6:00-6:15 Abs Blast Aaron	5:15-6:15 Yoga Omar	

Class Descriptions A-Z

Abs Blast – A non-impact toning class focusing on the abdominals. Appropriate for all fitness levels. Max 25 participants.

Balance Yoga- This class focuses on intermediate-advanced poses that increase balance, flexibility and alignment. Max 25 participants.

BANG!- A high-intensity, music-driven, easy to follow Hip Hop cardio/dance class with weighted gloves that has taken the cardio/dance experience to a whole new level! Max 25 participants. All levels welcomed!

Body Sculpt – A total body workout, which includes strength training, toning and short bouts of cardio. Appropriate for all fitness levels. Max 20 participants.

Buns & Guns - Work on upper body strength specifically targeting the arms and lower body strength specifically targeting the glutes! This class is open for all fitness levels. Max 20 participants.

Cardio, Strength, Flexibility, & Balance- Take a more well-rounded approach to health and fitness in this class by focusing on four major components of fitness! Max 20 participants.

Cycle 30- (30 minutes) A low impact, high octane individualized workout riding a stationary spin bike. Appropriate for all fitness levels. Max 10 participants. **Registration Required**

Cycle 45- (45 minutes) A low impact, high octane individualized workout riding a stationary spin bike. Appropriate for all fitness levels. Max 10 participants. **Registration Required**

Cycle Strong – An interval class fusing cycling on the bike with strength training off the bike. A great mix of cardio and strength. Appropriate for all fitness levels. Max 10 participants. **Registration Required**

HIIT- High intensity interval training uses short bursts of high intensity cardio and strength to increase your oxygen consumption! This class focuses on using body weight effectively, little equipment used! Modifications are available for all levels. Max 20 participants.

Kettle Boot Camp – The ultimate challenge; this class combines plyometric, strength, and core training. Appropriate for intermediate – advanced fitness levels. Max 20 participants.

Locomotion – A classic high-energy hi/lo impact class. Appropriate for all fitness levels. Max 25 participants.

Power Core– A low impact toning class, focusing on core strength for improved balance, performance and functionality. Appropriate for all fitness levels. Max 20 participants.

Step & Strength – A high energy, intense aerobic choreographed class using a step and other free weights for strength training. Appropriate for intermediate – advanced levels. Max 20 participants.

Sunrise Stretch- Stretching is an important component of injury prevention! Start your morning off right and learn to use different stretching techniques to relax loosen muscles.

Wild Card Cycle- (45 minutes) Similar to Cycle 45, with themed playlists weekly! One week could have a hip-hop playlist, another could have 80's rock, or even a playlist with a mix of random genres! You never know what you're going to get! **Registration Required**

Yoga– A relaxing class of deep breathing and yoga postures for a renewed mind and body. Appropriate for all fitness levels. Max 25 participants.

Zumba – Low impact aerobic workout that fuses hypnotic Latin dance rhythms. Appropriate for all fitness levels. Max 25 participants.