



GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7:00 – 7:30 Sports Conditioning <i>Duane</i>		7:00 – 7:30 Sunrise Stretch <i>Duane</i>	
11:15 – 12:00 Wild Card Cycle <i>Aaron</i>	11:15 – 12:00 Kettle Core <i>Duane</i>	11:15 – 12:00 Buns & Guns <i>Aaron</i>	11:15 – 12:00 Kickbox'n Burn 12:00 – 12:15 Core Blast <i>Daisha</i>	11:15 – 12:00 Cardio, Strength, Flexibility, Balance 12:00 – 12:15 Core Blast <i>Aaron</i>
12:05 – 1:05 Balance Yoga <i>Anil</i>	12:05 – 12:50 Zumba® <i>Sidney</i>	12:05 – 12:50 Step & Strength <i>Daisha</i>	12:20 – 1:05 Pilates-Yoga Fusion <i>Julie</i>	12:20 – 1:20 Yoga <i>Sheree</i>
5:15 – 6:00 Buns & Guns 6:00 – 6:15 Core Blast <i>Aaron</i>		5:15 – 6:15 Cardio, Strength, Flexibility, Balance 6:00 – 6:15 Core Blast <i>Daisha</i>		

effective May 2019

CLASS DESCRIPTIONS A - Z

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

Buns & Guns – Work on upper body strength (specifically the arms) and lower body strength (specifically the glutes)! Appropriate for all fitness levels. *Max 20 participants.*

Cardio, Strength, Flexibility, & Balance – Take a well-rounded approach to health and fitness in this class by focusing on four components of fitness! Appropriate for all fitness levels. *Max 20 participants.*

Core Blast – A low-impact class focusing on all aspects of the core, including the abdominals, obliques, and lower back. Appropriate for all fitness levels. *Max 25 participants.*

Kettle Core – This moderate to high intensity class is a combination of kettlebell exercises, high intensity cardio bouts, and core strengthening. Appropriate for intermediate – advanced levels. *Max 20 participants.*

Kickbox'n Burn – A high-energy cardio workout combining kicks, punches, and other moves to keep your body burning calories well after class is over! Appropriate for all fitness levels. *Max 20 participants.*

Pilates-Yoga Fusion – A holistic workout focusing on core strength and flexibility incorporating both moves from Pilates and stretches/poses from Yoga. Appropriate for all fitness levels. *Max 25 participants.*

Sports Conditioning – A moderate to high-intensity class designed to improve the fundamental components of balance, speed, agility & power. Appropriate for intermediate – advanced 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 – Start your morning off right by using different stretching techniques to relax tight muscles and improve range of motion in your joints! Appropriate for all fitness levels. *Max 25 participants*

Wild Card Cycle* – A low-impact, high-octane cycle workout with themed playlists! 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! Appropriate for all fitness levels. Max 10 participants **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.