



# GROUP EXERCISE SCHEDULE

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

*\*effective September 2019\**

# CLASS DESCRIPTIONS A - Z

**Hatha Vinyasa Yoga** – This class will focus on uniting mind, body & spirit through the practice of postures, breathing & relaxation techniques. Each posture is held for several breaths, and students are invited to direct attention to breath & sensations. Benefits of Hatha Yoga include increased strength, balance, flexibility and concentration, as well as a greater sense of peace and wellbeing. All levels are welcome. *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.