

MON

TUE

WED

THU

FRI

SAT

SUN

morning sessions

Cardio SculptCassie
5:30 – 6:30 am**Inferno**Jennifer
9:15 – 10:15 am**Spin/Yoga Fusion**Garold
5:10 – 6:30 am**Sculpt**Diane
9:15 – 10:15 am**Yoga**Diane
10:30 – 11:30 am**TRX @/BOSU**Cassie
5:30 – 6:30 am**Inferno**Gray
9:15 – 10:15 am**Spin/Yoga Fusion**Garold
5:10 – 6:30 am**Sculpt**Diane
9:15 – 10:15 am**Yoga**Diane
10:30 – 11:30 am**Sculpt**Cassie
5:30 – 6:30 am**Inferno**Stephanie
9:15 – 10:15 am**Spin/Yoga Fusion**Garold
6:45–7:15/7:15-8:00**Yoga**Gwynn
9:30 – 10:30 am**Hip-Hop**Amanda
10:45 – 11:30 am

afternoon sessions

Spin/ABSolute CoreGarold
12:00 – 12:50 pm**Yoga**Garold
5:30 – 6:15 pm**Lower Body Blast**Amanda
6:20 – 6:50 pm**Hip-Hop**Amanda
7:00 – 7:45 pm**Zumba®**Heidi
4:30 – 5:20 pm**R.I.P.P.E.D**Heidi
5:30 – 6:30 pm**Spin**Garold
6:30 – 7:30 pm**Bag Kickboxing**Lorie/Rob
6:40 – 7:40 pm**ABSolute Core**Pinkey
5:00 – 5:25**Sculpt**Deb
5:30 – 6:15 pm**Yoga**Diane
6:20 – 7:20 pm**Zumba®**Shayda
7:25 – 8:10 pm**TRX ®**5:00 – 5:45 PM
Amanda**Zumba/Hip-Hop**Amanda/Shayda
5:50 – 6:35 pm**Spin**Garold
6:30 – 7:30 pm**Pilates**Carilyn
6:40 – 7:40 pm**Spin/ABSolute Core**Garold
12:00 – 12:50 pm**R.I.P.P.E.D**Heidi
5:30 – 6:30 pm**Sculpt**Deb
11:45 am – 12:30 pm**ABSolute Core**Deb
12:30 – 12:45 pm**Yoga**Whitney
1:30 pm – 2:30 pm**Upper Body Blast**Amanda
3:25 – 3:55 pm**Spin**Garold
4:00 – 5:00 pm**Zumba®**Amanda
4:00 – 4:45 pm**Pilates**Hannah
5:00 – 6:00 pmFITNESS **ONE**™

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Cardio Sculpt: The best of both worlds: cardio intervals and strength building exercises give you a complete, total body workout.

ABSolute Core: A short yet effective class that focuses on the core.

Yoga: Make time for yoga! You'll leave feeling relaxed and refreshed.

Sculpt: A barbell weight training class designed to increase endurance using light to moderate weight with high repetitions.

Spin: In this indoor studio cycling class you'll burn mega calories while listening to fun music and challenging yourself to reach your physical and mental limits. Low impact and easy on the joints. Due to a limited availability of bikes, passes are available at the front desk 30 minutes prior to class time.

TRX®: In this class you'll use one of the most versatile body-weight training tools in the industry. Developed by a US Navy Seal, the TRX® suspension trainer builds strength, balance, flexibility and core stability.

Zumba®: Combining the world of international rhythms, you'll burn calories while having a blast in this aerobic dance class. Ditch the workout, join the party!

Hip-Hop: Get ready to shake and sweat to the hottest hip-hop, new and old. Easy to follow routines will keep you moving the entire class.

Inferno: Come prepared for the workout of your life that includes always varied functional movement that combines strength training and cardio intervals for high intensity interval training.

BOSU: Using the BOSU balance trainer for a wide array of full body exercises; this class will help you improve your overall balance and fitness.

R.I.P.P.E.D®: This total body, high intensity style program utilizes free weights, resistance and body weight. The class combines the components of R.I.P.P.E.D. (Resistance, Interval, Power, Plyometrics and Endurance) as the workout portion, along with diet suggestions to challenge your level of fitness and endurance!

Upper Body Blast/Lower Body Blast: 30 minutes of weight training focusing on the muscles of either the upper or lower body, you'll learn proper form with a variety of equipment.

