

MON

TUE

WED

THU

FRI

SAT

SUN

## morning sessions

**ZUMBA**  
Kathy  
4:45 am  
**CYCLING**  
Lorie  
6:00 am  
**HATHA YOGA**  
Lorna  
7:00 am  
**Treadmill Toning\***  
Lauren  
8:30 am

**Zumba Toning**  
Lisa  
4:45 am  
**CYCLING**  
Melanie  
5:45 am  
**HATHA YOGA**  
Lorna  
7:00 am  
**Zumba Toning**  
Andrea  
8:45 am

**ZUMBA**  
Kathy  
4:45 am  
**CYCLING**  
Lorie  
6:00 am  
**HATHA YOGA**  
Lorna  
7:00 am  
**INFERNO™ T.R.X**  
Kim  
8:30 am

**ZUMBA**  
Lisa  
4:45 am  
**CYCLING**  
Melanie  
5:45 am  
**HATHA YOGA**  
Lorna  
7:00 am  
**Treadmill Toning\***  
Lauren  
8:30 am  
**Zumba**  
Andrea  
8:45 am

**ZUMBA**  
Kathy  
4:45 am  
  
**CYCLING**  
Lorie  
6:00 am  
  
**INFERNO™ T.R.X.**  
Kim  
8:30 am

**CYCLING**  
Lorie  
7:30 am  
**ZUMBA**  
Varies  
8:30 am  
**YOGA**  
Instructor Varies  
9:30 am  
**Treadmill Toning**  
Lauren  
10:00 am

**CYCLING**  
Kelsi  
9:00 am  
**BOOTCAMP**  
Kelsi  
10:00 am

## afternoon sessions

**Zumba**  
Andrea  
8:45 am  
**SUPER SENIORS CIRCUIT**  
Lauren  
9:30 am  
**CYCLING**  
Jeff  
12:15 pm

**PILATES**  
Lucy  
10:00 am  
**INFERNO™ T.R.X.**  
Kim  
12:15 pm

**SUPER SENIORS CIRCUIT**  
Lauren  
9:30 am  
**CYCLING**  
Jeff  
12:15 pm

**PILATES**  
Lucy  
10:00 am  
**INFERNO™ T.R.X.**  
Kim  
12:15 pm

**SUPER SENIORS CIRCUIT**  
Lauren  
9:30 am  
**CYCLING**  
Andrea  
12:15 pm

**PILATES**  
Lorie  
10:30 am

**INFERNO™**  
Sarah O.  
4:30 pm  
**ZUMBA**  
Kathy  
5:30 pm  
**INFERNO™ T.R.X.**  
Lauren  
6:30 pm

**INFERNO™**  
Lauren  
4:30 pm  
**ZUMBA**  
Kathy  
5:30 pm  
**HIP HOP (ABS)**  
Lucy  
6:30 pm  
**YOGA**  
DaMarr  
7:30 pm

**INFERNO™ T.R.X.**  
Kim  
4:30 pm  
**YOGA**  
Lorna/Allegra  
5:30 pm  
**INFERNO™ T.R.X.**  
Tom  
6:30 pm

**YOUTH FIT**  
Rockie  
3:15 pm  
**ReFit**  
Cara  
4:30 pm  
**YOGA (Vinyasa Flow)**  
Instructor Varies  
5:30  
**PILATES**  
Lucy  
6:30 pm

**INSANITY LIVE 50**  
Kelsi  
4:30 pm  
  
**ZUMBA TONING**  
Andrea  
5:30 pm

**P90X**  
Kelsi  
3:00 pm

\*class is 45min

## April WEST CLASS SCHEDULE

# FITNESS **ONE**™

**Cycling:** In this intense 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.

**Hip Hop** Get ready to dance to the hottest hip-hop, new and old. Easy to follow routines and that pounding base will keep you moving the entire class.

**INFERNO™:** Come prepared for the workout of your life that includes varied strength training and cardio intervals for high intensity training. If you're looking for a class to push your limits for that ultimate workout, you've found it in Inferno™.

**INFERNO™ T.R.X®:** INFERNO™ + T.R.X.® + High Intensity Interval Training (HIIT) = the ultimate total body workout! Combines a multitude of exercises and equipment for variance. High Intensity, Shorter Duration. Powerful Results.

**Insanity® LIVE:** Come prepared for the workout of your life that includes always varied functional movements, plyometrics, and more that combines strength training and cardio for high intensity interval training. Shaun T's Insanity program!

**Pilates:** In this class, you'll restore alignment in your body and build strength in your core. Pilates uses controlled movement and concentration and perfectly complements other types of exercise and training.

**P90X:** An intense mix of strength training, cardio, plyometrics and more for an amazing total body workout for athletic conditioning, explosive power, functional strength and improved overall fitness!

**ReFit:** A value-infused, relationship-centered approach to class format. Try something new and positive! Inspiring music in an awesome new class that focuses on both internal and external change – join the ReFit revolution!

**SUPER SENIORS:** A class designed specifically for our senior members to increase overall functional strength and improve heart health and longevity.

**Total Body T.R.X.® H.I.I.T:** High Intensity Interval Training (HIIT) using the 20-10 Microburst Training Protocol + T.R.X. intervals. High Intensity class for strength + cardio!

**T.R.X.®:** 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.

**TRXTone:** Combine our awesome TRX class with high intensity moves for a focus on muscle toning. Try it and you'll love it!

**Treadmill Toning:** A total body class designed to burn calories while toning those muscles, you'd be amazed how much fun you can have on a treadmill!

**Yoga:** Make time for yoga! You'll leave feeling relaxed and refreshed from this class that focuses on flexibility and toning.

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

**Zumba Step**: Combination of targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party all put to the tradition of step classes!