

MON

TUE

WED

THU

FRI

SAT

SUN

morning sessions

ZUMBA
Kathy
4:45 am
BOOTCAMP
Melanie
5:30 am
CYCLING
Lorie
6:00 am
HATHA YOGA
Lorna
7:00 am

BOOT CAMP 45*
Melanie
5:00 am
CYCLING
Melanie
5:45 am
HATHA YOGA
Lorna
7:00 am
ZUMBA
Chrissy
8:45 am

ZUMBA
Kathy
4:45 am
BOOTCAMP
Melanie
5:30 am
CYCLING
Lorie
6:00 am
HATHA YOGA
Lorna
7:00 am

BOOT CAMP 45*
Melanie
5:00 am
CYCLING
Melanie
5:45 am
HATHA YOGA
Lorna
7:00 am
Treadmill Toning
Rachel
8:30 am
ZUMBA
Chrissy
8:45 am

ZUMBA
Kathy
4:45 am

CYCLING
Lorie
6:00 am

INFERNO™ T.R.X.
Kim
8:30 am

CYCLE/BARRE
Maudia
7:15 am
Group Training
Rockie
8:30 am
ZUMBA
Reese/Lisa
8:30 am
Treadmill Toning
Lauren
9:00 am

ZUMBA
Teresa
8:00 am
CYCLING
Kelsi
9:00 am
BOOTCAMP
Kelsi
10:00 am

afternoon sessions

Treadmill Toning
Lauren
8:30 am
Zumba
Teresa
8:45 am
SUPER SENIOR *
Lauren
9:30 am
CYCLING
Jeff
12:15 pm

INFERNO™
Sarah O.
4:30 pm

ZUMBA
Kathy
5:30 pm

PILATES
Lucy
10:00 am
INFERNO™
Buns/Guns & Cardio
Maudia
11:00 am
INFERNO™ T.R.X.
Kim
12:15 pm

INFERNO™
Lauren
4:30 pm

YOGA Vinyasa Flow
DaMarr
5:30 pm

HIP HOP (ABS)
Lucy
6:30 pm

INFERNO™ T.R.X
Kim
8:30 am
SUPER SENIOR*
Lauren
9:30 am
CYCLE/BARRE
Maudia
11:00 am
CYCLING
Jeff
12:15 pm

INFERNO™ T.R.X.
Kim
4:30 pm

ZUMBA
Lisa
5:30 pm

**LOW IMPACT
FLOOR AEROBICS**
Lucy
6:30 pm

PILATES
Lucy
10:00 am
INFERNO™
Buns/Guns & Cardio
Maudia
11:00 am

INFERNO™ T.R.X.
Kim
12:15 pm

CYCLE BARRE
Maudia
4:30 – 5:35 pm

YOGA
Maudia
5:40 – 6:30 pm
PILATES
Lucy
6:30 pm
GROUP TRAINING
Bri
7:30 pm

SUPER SENIOR*
Lauren
9:30 am
BARRE
Maudia
11:00 am
CYCLING
Maudia
12:15 pm

TRIPLE THREAT**
Rockie
4:30 pm

RIP N RIDE
Maudia
5:00 pm

PILATES
Lorie
9:30 am

Total Body Circuit
Lauren/Maudia
2:00 pm

*class is 45min
**meets in gym
area not in
classroom

MARCH WEST CLASS SCHEDULE

FITNESS **ONE**TM

BOOTCAMP 45: 45 minutes of all-out, total-body strength and cardiovascular conditioning with a large variety of equipment and exercise. Your one-stop class for total body exercise. High intensity!

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.

Cycle Barre: shoes required! Barre, one of the industry's hottest new approaches to toning is now combined with cycling!

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.

INFERNOTM: 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 InfernoTM.

INFERNOTM T.R.X.[®]: INFERNOTM + 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.

PiYo: A fun, challenging class fusing Pilates and Yoga. You will burn calories, tone muscles, work on balance and get a great stretch!

Rip N Ride: A must for riders needing to fit in some upper body and core strengthening!

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 Toning : Combines targeted body-sculpting exercises and high energy cardio with Zumba[®] moves to create a calorie-torching, strength-training dance fitness party. Adds Zumba toning sticks or light dumbbells for total body work!