

MON

TUE

WED

THU

FRI

SAT

SUN

morning sessions

BOOTCAMP 45

Kelsi
5:30 am
CYCLING
Tiffany
5:30 am
INFERNO™
Sarah O.
8:30 am

TURBOKICK

Jessica
5:30 am

INFERNO™
Upper Body
Sarah O.
8:30 am

BOOTCAMP 45

Kelsi
5:30 am
CYCLING
Tiffany
5:30 am
INFERNO™
Sarah O.
8:30 am

TURBOKICK

Jessica
5:30 am
CYCLING
Kelsi
5:30 am
INFERNO™
LOWER BODY
Sarah O.
8:30 am
SUPER SENIORS*
CARDIO
Lauren
11:15 am

BOOTCAMP 45

Kelsi
5:30 am
CYCLING
Tiffany
5:30 am
INFERNO™ Total
Body**
Sarah O.
8:30 am
ZUMBA TONING
Lisa
8:30 am

CYCLING

Kelsi
7:00 am

ZUMBA

Reese
7:00 am

GROUP TRAINING**

Bri
8:00 am

ZUMBA

Reese
7:30 am

PiYo

Jessica
8:30 am

afternoon sessions

POWER YOGA

Maudia
11:00 am
SUPER SENIORS Strength
Lauren
11:15 am
INFERNO™(BODY BLAST)
Lauren
12:15 pm
INFERNO™ HIP HOP
Lauren/ Jennifer
4:30 pm

YOGA
(Vinyasa Power Flow)

DaMarr
5:30 pm
CYCLING
Robert
5:30 pm

PILATES

Lucy
6:30 pm

TRX

Jaymee
7:30 pm

GROUP TRAINING**

Bri
7:30 pm

SUPER SENIORS*
CARDIO

Lauren
11:15 am

YOGA

Sarah R
12:00 pm
Treadmill Toning*

Rachel
12:15 pm

TRIPLE THREAT**

Rockie
4:30 pm

CYCLE BARRE

Maudia/Kelsi
4:30pm

CYCLING

Landon
5:30 pm

Upper Body/AbsCircuit

Erin
5:30 pm

HIP HOP (Bodytone)

Jennifer
6:30 pm

HOOP DANCE

Tawny
7:30 pm

SUPER SENIORS *
Strength

Lauren
11:15 am

TRX/ INFERNO™ *

Lauren
12:15 pm

INFERNO™ HIP HOP

Lauren/ Jennifer
4:30 pm

YOGA

DaMarr
5:30 pm

CYCLING

Robert
5:30 pm

ZUMBA

Reese
6:30 pm

GROUP TRAINING**

Bri
6:00 pm

TRX

Jaymee
7:30 pm

YOGA

Sarah R
12:00 pm

LEGS & ABS *

Rachel
12:15 pm

TRIPLE THREAT

Rockie
4:30 pm

CYCLING

Tiffany
5:30 pm

Lower Body/Abs
Circuit

Erin
5:30 pm

HIP HOP (Bodytone)

Jennifer
6:30 pm

HOOP DANCE

Tawny
7:30 pm

SUPER SENIORS *
Strength

Lauren
11:15 am

Functional Training *

Lauren
12:15 pm

CYCLING

Kelsi/Robert
4:30 pm

YOGA

Allegra
4:30 pm

GROUP TRAINING**

Bri
5:30 pm

ZUMBA

Reese
5:30 pm

CYCLING

Robert
9:30 am

RUNNING TRAINING

Kelsi
10:30 am

INFERNO™**(burst aerobics)**

Lucy
1:00 pm

PILATES

Lucy
4:00 pm

FULL BODY CIRCUIT

Erin
10:30 am – 12 pm

PILATES

Lucy
2:00 pm

CYCLING

Robert
3:30 pm

*=45 minute class

**=Meets in main
Gym area

FITNESS



FITNESS **ONE**™

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!

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

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.

Hoop Dance: Low impact cardio, unique movement-based dance that utilizes a professional hula hoop: coaching in a foundation of self-love, edification & grace.

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

INFERNO™ HIP HOP: Combine blocks of Inferno strength training with Hop Hop Body Tone to have an intense, FUN workout!

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. 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.

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!

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!

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.

Yoga: Make time for yoga! You'll leave feeling relaxed and refreshed with a focus 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®: 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!