

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bootcamp 5:30-6:30 Kelly GX	Cycle Sculpt 6-6:45am Kelly GX	Cycle Bootcamp 6-7am Jillian CS	Cycle 6-7am Dave CS	Bootcamp 5:30-6:30am Kelly GX	MetKon RX 8:30-9:30am Melissa GX
Cycle Express 9-9:30 am Felicity CS	Circuit Bootcamp 8:30-9:15am Romina GX	Total Body Sculpt 8:30-9:15am Heather H GX	Circuit Sweat 8:30-9:15am Heather H GX	Virtual Cycle 8-8:45am Virtual Instructor CS	Zumba 10:15-11:15am Jennifer GX
Resist-A-Ball 9:30-10:30 am Felicity GX	Cycle Express 9:15-9:45am Romina CS	Yoga 8:30-9:30am Heather B MB	Mat Pilates 9:30-10:15am Suzanne GX	Total Body Sculpt 8:30-9:15am Heather H GX	Strength & Stretch 11:30-12pm JenniferGX
Functional Flexibility 9:30-10:15am Jennifer MB	Yoga 9:30-10:30am Heather B MB	Cycle 9:15-10:15am Kelly CS	Senior Gentle Yoga 1:30-2:30pm Heather B MB	Cycle Beat 9:30-10:15am Jacki CS	
Cardio Bootcamp 12-12:45pm Felicity GX	Strength & Stretch 10-10:30am Jennifer GX	Cardio Sculpt Mix 12-12:45pm Heather H GX	Cycle Sculpt 4:30-5:30pm Jillian/Brooke CS/GX	Zumba Gold 1:30-2:30pm Marci GX	Sunday
Zumba Toning 1:30-2:30pm Lesa GX	Zumba 10:35-11:35am Jennifer GX	Silver Sneakers™ BOOM Muscle 1:30-2:30pm Eileen GX	Zumba 5:30-6:30pm Jennifer GX		Cycle 8:30-9:30am Kelly CS
Cycle Sculpt 4:30-5:30pm Jillian CS/GX	TRX Bootcamp 12-12:45pm Heather H MB	Cycle Beat 5:15-6pm Jacki CS			Butts, Guts & Intervals 9:45-10:45am Kelly GX
Piloxing 5:30-6:30pm Suzanne GX	Gentle Yoga 1:30-2:30pm Heather B MB	Straight-Up Strength 5:30-6:15pm Alix GX			
	Cardio Kickboxing 4:30-5:15pm Brooke GX	MetKon RX 6:30-7:30pm Melissa GX			
	Straight-Up Strength 5:30-6:15pm Alix GX				

Class Descriptions

Cardio Bootcamp: This fun and intense group workout combines both cardio and strength/resistance training for a total body workout.

Cardio Kickboxing: Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle in this fun and challenging workout.

Cardio Sculpt Mix: This HIIT-based workout combines the best of cardio with the best of resistance training into one powerhouse workout for the whole body.

Circuit Sweat: Burn calories and boost your metabolism in this circuit-driven workout that incorporates a variety of equipment for a total body workout.

Cycle Bootcamp: Cardiovascular and strength-based workout using the cycle bikes and strength exercises.

Cycle: Set to amazing music, this great cardiovascular workout will send you pedaling through hill climbs, sprints, and many other challenging drills and exercises.

Cycle Sculpt: This class will have you burning calories on the bike and boosting your metabolism with sculpting exercises.

Functional Flexibility: Functional exercises and stretches to increase strength, flexibility and mobility.

Gentle Yoga: A basic yoga class appropriate for those who want a softer, nurturing, slower-paced class. Special focus on breathing and relaxation techniques.

Mat Pilates: Stretch and strengthen your body, build your core and tone from head to toe.

MetKon RX: A full body interval strength training class that boosts your metabolic rate and burns calories long after the workout.

Piloxing: A non-stop cardio fusion of standing Pilates, boxing, and dance for all levels.

Resist-a-ball: A non-aerobic workout that uses whole body control to tone and define. Stimulate smaller muscles while increasing good posture and balance.

Total Body Sculpt: Experience this workout consisting of a series of strength-based exercises to tone you from head to toe.

Silver Sneakers™ BOOM Muscle: Muscle condition blocks and activity specific internals to improve cardiovascular health and functional skill.

Straight-Up Strength: Feel the burn as you work targeted areas of your body to build muscular endurance and core strength.

Strength & Stretch: All standing strength work mixed with static and dynamic stretching using a variety of equipment.

TRX: TRX is a form of suspension training that uses body weight exercises to simultaneously develop strength, balance, flexibility, and core stability.

Zumba: A fusion of Latin and international music/dance themes that create a dynamic, exciting workout.

Zumba Gold: For active, older adults and individuals new to exercise who are looking for a modified class that recreates the original moves at a lower intensity.

Zumba Toning: For those who want to party with extra emphasis on toning and sculpting.