

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bootcamp 5:30-6:30 Kelly   GX	Cycle Sculpt 6-6:45am Kelly   GX	Cycle Bootcamp 6-7am Felicity   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 Stretch 8:30-9:30am Heather B   MB	Mat Pilates 9:30-10:15am Jennifer   GX	Total Body Sculpt 8:30-9:15am Heather H   GX	Strength & Balance 11:30-12pm JenniferGX
YogaFlex 9:30-10:15am Jennifer   MB	Yoga 9:30-10:30am Heather B   MB	Cycle 9-10am Kelly   CS	Senior Gentle Yoga 1:30-2:30pm Heather B   MB	Functional Flexibility 9:30-10:15am Jennifer/GX	
Cardio Bootcamp 12-12:45pm Felicity   GX	Strength & Balance 10-10:30am Jennifer   GX	Cardio Sculpt 12-12:45pm Heather H   GX	Cycle Sculpt 4:30-5:30pm Brooke   CS/GX	HIIT + Core 12-12:45pm Eileen/Heather GX	Sunday
Zumba Toning 1:30-2:30pm Lesia   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	Zumba Gold 1:30-2:30pm Marci   GX	Cycle 8:30-9:30am Kelly   CS
Cycle Sculpt 4:30-5:30pm Brooke   CS/GX	TRX Bootcamp 12-12:45pm Heather H   MB	Straight-Up Strength 5:30-6:15pm Alix   GX	Total Body Sculpt 5:45--6:30pm Felicity   MB		Yoga 9-9:45am Suzanne/MB
Piloxing 5:30-6:30pm Suzanne   GX	Gentle Yoga 1:30-2:30pm Heather B   MB	MetKon RX 6:30-7:30pm Melissa   GX			Butts, Guts & Intervals 9:45-10:45am Kelly   GX
	HIIT + CORE 4:30-5:15pm Brooke   GX				
	Straight-Up Strength 5:30-6:15pm Alix   GX				
	POUND 6:30-7:15pm Nicole   MB				

# Class Descriptions

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

**HIIT + CORE:** Build stamina, improve core strength, coordination and flexibility, and burn calories as you build lean muscle in this fun and challenging workout.

**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.

**POUND:**<sup>TM</sup> You will become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

**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**<sup>TM</sup> **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 & Balance:** Creative exercises that will increase strength, joint stability, mobility, flexibility and balance using a variety of equipment, including a mat and yoga blocks.

**Strong Nation:**<sup>TM</sup> Strong Nation combines body weight, muscle conditioning, cardio and plyometric training moved synced to original music that has been specifically designed to match every single rep.

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

**YogaFlex:** Combining elements of Functional Flexibility and Yin Yoga, we will build strength and flexibility through a variety of poses and stretches with sections of longer holds to encourage deeper stretching.

**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.