

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 9:30-10:30am 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	Zumba Gold 11-11:50am Marci 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 Lesa GX	Zumba 10:35-11:20am Jennifer GX	Cardio Sculpt 12-12:45pm Heather H GX	Zumba 5:30-6:30pm Jennifer GX	Silver Sneakers™ BOOM Move 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	Silver Sneakers™ BOOM Muscle 1:30-2:30pm Eileen GX	Total Body Sculpt 5:45--6:30pm Maryann MB		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			
	HIIT + CORE 4:30-5:15pm Brooke GX	Mat Pilates 5:45-6:30pm Maryann MB			
	Straight-Up Strength 5:30-6:15pm Alix GX	MetKon RX 6:30-7:30pm Melissa GX			
	POUND 6:30-7:15pm Nicole GX				

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™ 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™ BOOM Move: MOVE is a fun, dance-inspired workout. The class improves cardio fitness with easy-to-follow moves and energizing music.

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

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.