

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**

<p>Bootcamp 5:30-6:30 Kelly   GX</p>	<p>Cycle Sculpt 6-6:45am Kelly   GX</p>	<p>Straight Up Strength 8:30-9:15am Heather H   GX</p>	<p>Virtual Cycle 6-7am Virtual Instructor   CS</p>	<p>Bootcamp 5:30-6:30am Kelly   GX</p>	<p>MetKon RX 8:30-9:30am Melissa   GX</p>
<p>Cycle Express 9-9:30 am Felicity   CS</p>	<p>Circuit Bootcamp 8:30-9:15am Romina   GX</p>	<p>Yoga Stretch 8:30-9:30am Heather B   MB</p>	<p>Circuit Sweat 8:30-9:15am Heather H   GX</p>	<p>Virtual Cycle 8-8:45am Virtual Instructor   CS</p>	<p>Zumba 10:15-11:15am Jennifer   GX</p>
<p>Resist-A-Ball 9:30-10:15 am Felicity   GX</p>	<p>Cycle Express 9:15-9:45am Romina   CS</p>	<p>Cycle 9-10am Kelly   CS</p>	<p>Pilates Mat 9:30-10:15am Suzanne   GX</p>	<p>Barre Strength 8:30-9:15am Heather H   GX</p>	<p>Strength &amp; Balance 11:30-12pm JenniferGX</p>
<p>YogaFlex 9:30-10:30am Jennifer   MB</p>	<p>Yoga 9:30-10:30am Heather B   MB</p>	<p>Zumba Gold 11-11:50am Marci   GX</p>	<p>Senior Gentle Yoga 1:30-2:30pm Heather B   MB</p>	<p>Functional Flexibility 9:30-10:15am Jennifer/GX</p>	
<p>Cardio Bootcamp 12-12:45pm Felicity   GX</p>	<p>Strength &amp; Balance 10-10:30am Jennifer   GX</p>	<p>Cardio Sculpt 12-12:45pm Heather H   GX</p>	<p>Cycle Sculpt 4:30-5:30pm Brooke   CS/GX</p>	<p>Silver Sneakers BOOM Move 1:30-2:30pm Marci   GX</p>	<p><b>Sunday</b></p>
<p>Zumba Toning 1:30-2:30pm Lesia   GX</p>	<p>Zumba 10:35-11:20am Jennifer   GX</p>	<p>Silver Sneakers™ BOOM Muscle 1:30-2:30pm Eileen   GX</p>	<p>Zumba 5:30-6:30pm Jennifer   GX</p>	<p>™</p>	<p>Cycle 8:30-9:30am Kelly   CS</p>
<p>Cycle Sculpt 4:30-5:30pm Brooke   CS/GX</p>	<p>Circuit Sweat 12-12:45pm Heather H   MB</p>	<p>Pilates Mat 5:45-6:30pm Maryann   MB</p>	<p>Total Body Sculpt 5:45--6:30pm Maryann   MB</p>		<p>Yoga 9-9:45am Suzanne   MB</p>
<p>Cardio Sculpt 5:30-6:30pm TiLisa   GX</p>	<p>Gentle Yoga 1:30-2:30pm Heather B   MB</p>	<p>MetKon RX 6:30-7:30pm Melissa   GX</p>			<p>Butts, Guts &amp; Intervals 9:45-10:45am Kelly   GX</p>
	<p>HIIT + CORE 4:30-5:15pm Brooke   GX</p>				
	<p>Circuit Sweat 5:30-6:15pm Eileen   GX</p>				

# Class Descriptions

**Barre Strength:** A total body workout that combines elements of barre with resistance training.

**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.

**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™** 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.

**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.