

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**

Bootcamp 5:30-6:30 Kelly   GX	Cycle Sculpt 6-6:45am Kelly   GX	Straight Up Strength 8:30-9:15am Heather H   GX	Virtual Cycle 6-7am Virtual No Instructor   CS	Bootcamp 5:30-6:30am Kelly   GX	MetKon RX 8:30-9:30am Melissa   GX
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Resist-A-Ball 8:30-9:15am Heather H   GX	Circuit Bootcamp 8:30-9:15am Romina   GX	Yoga Stretch 8:30-9:30am Heather B   MB	Circuit Sweat 8:30-9:15am Heather H   GX	Virtual Cycle 8-8:45am Virtual Instructor   CS	Zumba 10:15-11:15am Jennifer   GX
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Virtual Cycle 9:30-10am No Instructor   CS	Cycle Express 9:15-9:45am Romina   CS	Cycle 9-10am Kelly   CS	Pilates Mat 9:30-10:15am Suzanne   GX	Total Body Sculpt 8:30-9:15am Heather H   GX	Strength & Balance 11:30-12pm Jennifer   GX
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YogaFlex 9:30-10:30am Jennifer   MB	Yoga 9:30-10:30am Heather B   MB	Zumba Gold 11-11:50am Marci   GX	Circuit Strength & Balance 10:30-11:15am Eileen   GX	Functional Flexibility 9:30-10:15am Jennifer   GX	
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Zumba Toning 1:30-2:30pm Lesia   GX	Strength & Balance 10-10:30am Jennifer   GX	Barre Basics 9:45-10:30am Jennifer   MB	Senior Gentle Yoga 1:30-2:30pm Heather B   MB	Silver Sneakers BOOM Move™ 1:30-2:30pm Marci   GX	<b>Sunday</b>
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Cycle Sculpt 4:30-5:30pm Brooke   CS/GX	Zumba 10:35-11:20am Jennifer   GX	Cardio Sculpt 12-12:45pm Heather H   GX	Cycle Sculpt 4:30-5:30pm Brooke   CS/GX		Cycle 8:30-9:30am Kelly   CS
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Cardio Sculpt 5:30-6:30pm TiLisa   GX	Gentle Yoga 1:30-2:30pm Heather B   MB	Silver Sneakers BOOM Muscle™ 1:30-2:30pm Eileen   GX	Zumba 5:30-6:30pm Jennifer   GX		Yoga 9-9:45am Suzanne   MB
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	HIIT + CORE 4:30-5:15pm Brooke   GX	Pilates Mat 5:45-6:30pm Maryann   MB	Total Body Sculpt 5:45--6:30pm Maryann   MB		Butts, Guts & Intervals 9:45-10:45am Kelly   GX
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	Barre 5:30-6:15pm Brooke   MB	MetKon RX 6:30-7:30pm Melissa   GX			
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	Circuit Sweat 5:30-6:15pm Heather H   GX				
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# Class Descriptions

**Barre:** A total body workout inspired by elements of ballet, yoga, and Pilates.

**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 Strength & Balance:** Improve your strength, balance and coordination in this total body workout -- circuit style!

**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:** 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.