

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
Resist-A-Ball 8:30-9:15am Heather H GX	TRX Express 8-8:30am Heather H 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 Savannah GX
Virtual Cycle 9:30-10am No Instructor CS	Workout of the Day - Express 8:45-9:15am Heather H GX	Cycle 9-10am Kelly CS	Pilates Mat 9:30-10:15am Suzanne GX	Total Body Sculpt 8:30-9:15am Heather H GX	
YogaFlex 9:30-10:30am Jennifer MB	Yoga 9:30-10:30am Heather B MB	Barre 9:45-10:30am Jennifer MB	Circuit Strength & Balance 10:30-11:15am Eileen GX	Barre 9:30-10:15am Lisa MB	Sunday
Pliates Express 12:15-12:45pm Jennifer GX	Strength & Balance 10-10:30am Jennifer GX	Zumba 11-11:50am Ian GX	Senior Gentle Yoga 1:30-2:30pm Heather B MB	Functional Flexibility 9:30-10:15am Jennifer GX	Cycle 8:30-9:30am Kelly CS
Zumba Toning 1:30-2:30pm Lesa GX	Zumba 10:35-11:35am Jennifer GX	HIIT Express 12:15-12:45pm Becca GX	Cycle Sculpt 4:30-5:30pm Brooke CS/GX	Strength Express 12:15-12:45pm Becca GX	Butts, Guts & Intervals 9:45-10:45am Kelly GX
Cycle Sculpt 4:30-5:30pm Brooke CS/GX	Gentle Yoga 1:30-2:30pm Heather B MB	Silver Sneakers BOOM Muscle™ 1:30-2:30pm Eileen GX	Bootcamp 5:30-6:15pm Kelly MB	Silver Sneakers BOOM Move™ 1:30-2:30pm Marci GX	
Cardio Sculpt 5:30-6:30pm TiLisa GX	HIIT + CORE 4:30-5:15pm Brooke GX	Circuit Sweat 5:45-6:30pm Brooke GX	Zumba 5:30-6:30pm Jennifer GX		
	Yoga Sculpt 5:30-6:15 pm Amber MB				
	MetKon RX 6:30-7:30pm Melissa GX				

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 Express/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 Express: 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.

Pilates Express: All of the benefits of a full-length Pilates class wrapped into 30 minutes!

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: A total body suspension workout using TRX straps and a variety of other equipment.

Workout of the Day: Anything goes in this express high intensity class that will use a variety of equipment to work upper body, lower body, and total body.

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