

Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

<p>Bootcamp 5:30-6:30am Kelly   GX</p>	<p>Cycle Sculpt 5:45-6:45am Kelly   CS-GX</p>	<p><b>Lift and Conquer</b> 6:00-7:00am TiLisa   GX</p>	<p>Virtual Cycle 6-7am Virtual No Instructor   CS</p>	<p>Bootcamp 5:30-6:30am Kelly   GX</p>	<p>MetKon RX 8:30-9:30am Melissa   GX</p>
<p>Circuit Strength and Balance Advanced 8:45-9:30am Eileen   GX</p>	<p>Boot Camp 8:30-9:15am Romina   GX</p>	<p>Yoga 8:30-9:30pm Heather B   MB</p>	<p>Boot Camp 8:30-9:15am Romina   GX</p>	<p>Virtual Cycle 8-8:45am Virtual Instructor   CS</p>	<p>Zumba 10:15-11:15am Savannah   GX</p>
<p>Virtual Cycle 9:30-10am No Instructor   CS</p>	<p>Cycle Express 9:30-10am Ali   CS</p>	<p>Cycle 9-10am Kelly   CS</p>	<p>Circuit Strength &amp; Balance 9:45-10:30am Eileen   GX</p>	<p>Resist -a -Ball 8:30-9:15am Ali   GX</p>	
<p>YogaFlex 9:30-10:30am Jennifer   MB</p>	<p>Yoga 9:30-10:30pm Heather B   MB</p>	<p>Barre 9:45-10:30am Jennifer   MB</p>	<p>Senior Gentle Yoga 1:30-2:30pm Heather B   MB</p>	<p>Barre 9:30-10:15am Lisa   MB</p>	<p>Sunday</p>
<p>Core Sculpt 12:15-12:45pm Becca   GX</p>	<p>Strength &amp; Balance 10-10:30am Jennifer   GX</p>	<p>Zumba 11-11:50am Ian   GX</p>	<p>Cycle Sculpt 4:30-5:30 pm Brooke   CS-GX</p>	<p>Functional Flexibility 9:30-10:15am Jennifer   GX</p>	<p>Cycle 8:30-9:30am Kelly   CS</p>
<p>Zumba Toning 1:30-2:30pm Lesa   GX</p>	<p>Zumba 10:35-11:35am Jennifer   GX</p>	<p>HIIT Express 12:15-12:45pm Becca   GX</p>	<p>Zumba 5:30-6:30pm Jennifer   GX</p>	<p><b>PD* Early Onset Support Group</b> 12:00-1:00pm 5/16 Abbey   MB</p>	<p><b>Core and More!</b> 9:45-10:30 am Kelly   GX</p>
<p>Cycle Sculpt 4:30-5:30pm Brooke   CS/GX</p>	<p>Gentle Yoga 1:30-2:30pm Heather B   MB</p>	<p>Silver Sneakers BOOM Muscle™ 1:30-2:30pm Eileen   GX</p>		<p>Strength Express 12:15-12:45pm Becca   GX</p>	
	<p>HIIT + CORE 4:30-5:15pm Brooke   GX</p>	<p><b>Resist-A-Ball STRONG</b> 4:30-5:15pm Ali   CS</p>		<p>Silver Sneakers BOOM Move™ 1:30-2:30pm Marci   GX</p>	
	<p>Yoga Sculpt 5:30-6:15 pm Amber   MB</p>	<p>Pilates 5:30-6:15pm Maryann   MB</p>		<p><b>PD Class--Delay the Disease™ Beginning 5/16</b> 2:45-3:30pm Jeannine   GF</p>	
	<p>MetKon RX 6:30-7:30pm Melissa   GX</p>			<p>*PD = Parkinson's Disease</p>	

# 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.

**Core and More:** You sweat and build important core strength plus in this class to get your body ready for anything

**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.

**Lift and CONQUER:** Lift and Conquer is a dynamic and empowering class designed to help participants build strength, resilience, and confidence through targeted physical training.

**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.

**Resist-a-ball STRONG:** Strengthens your back, improves postural alignment, abdominal strength, coordination, balance, and flexibility

**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 intervals to improve cardiovascular health and functional skill.

**Strength & Balance:** Creative exercises that will increase strength, joint stability, mobility, flexibility and balance using a variety of equipment.

**Strength Express:** A 30-minute workout that sculpts and tones the entire 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.