

SUMMER 2023 GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6AM	Cardio Box (BOX) 6:30-7:15AM Jasmine		Cardio Box (BOX) 6:30-7:15AM Jasmine		Cardio Box (BOX) 6:30-7:15AM Jasmine	
12PM	BODYPUMP™ (B) 12:15-1:15PM Melanie	Pilates Express (B) 12:00-12:30PM Melissa	BODYPUMP™ (B) 12:15-1:15PM Melanie	QuickFit (C) 12:15-12:45PM Sierra	BODYPUMP™ (B) 12:15-1:15PM Betsy	
		QuickFit (C) 12:15-12:45PM Sierra	Cycle Express (E) 12:30-1:00PM Lisa	Yoga (F) 12:15-1:15PM Myrna	Yoga (F) 12:15-1:15PM Myrna	
		Open Gym Box (BOX) 12:30-1:15PM Christine		Recovery (B) 12:45-1:15PM Melissa		
4PM	Open Gym Box (BOX) 4:30-5:15PM Christine	Yoga & Meditation (F) 4:15-5:15PM Ruth	Open Gym Box (BOX) 4:30-5:15PM Christine	Yoga & Meditation (F) 4:15-5:15PM Ruth		Yoga (F) 4:00-5:00 Myrna
5PM	TRX Yoga (D) 5:30-6:30PM Ruth	Cardio Box (BOX) 5:15-6:00PM Christine	TRX Yoga (D) 5:30-6:30PM Ruth	Cardio Box (BOX) 5:15-6:00PM Jasmine		
	BODYPUMP™ (B) 5:30-6:30PM Alyssa	BODYBALANCE™ (F) 5:30-6:30PM Betsy	BODYPUMP™ (B) 5:30-6:30PM Alyssa	BODYBALANCE™ (F) 5:30-6:30PM Betsy		
		Zumba® (D) 5:45-6:45PM Reagan		Cycle (E) 5:45-6:30PM Alyssa		
6PM	Cycle (E) 6:30-7:30PM Mackenzie		Cycle (E) 6:30-7:30PM Mackenzie			
	Pilates (A) 6:45-7:30PM Vivian		Pilates (A) 6:45-7:30PM Vivian			



SUMMER 2023 GROUP FITNESS

BODYBALANCE™	FEEL BALANCED. A Yoga, Tai Chi and Pilates inspired workout that leaves you long, strong, and centered.
BODYPUMP™	BE STRONG. The original weights class that builds strength, tones your body, and pushes you to the limit every time.
Cardio Box	Cardio Box is a high intensity interval training class designed to make you sweat! With an additional emphasis on ab exercises, Cardio Box is a great full body workout for everyone! No prior boxing experience is required!
Cycle/ Cycle Express	Be prepared to ride your way through rolling hills, steep climbs, false flats, sprints, and much more! This class is a great option for those seeking a challenging low-impact, cardio and strength fusion.
Open Gym Box	Use the boxing studio as your own workout space. Our instructor provides technical guidance and general workout tips to help you build a workout that is perfect for you!
Pilates/ Pilates Express	Pilates is a low-impact, mat-based class that focuses on the core as the powerhouse, or control center, of the body that is designed to develop balance and stabilization of supporting muscles while focusing on breathing.
TRX® Yoga	This class truly blends mind and body work. The TRX® Suspension Trainer will test your muscular and core endurance using bodyweight exercises while the yoga portion will focus on improving mobility and mindfulness.
QuickFit	A perfect choice for those in a time crunch! This total body cardio/strength express class will condition your body in just 30 minutes.
Recovery	FEEL RELAXED! Warm up and cool down with a Yoga based flow. The body of this class is foam rolling to help improve your muscle recovery, strength, core stability and relieve tight muscles through myofascial rolling.
Yoga	Refine and master breathing techniques and a wide variety of essential yoga poses. The sequence of movements will help stretch, unwind, and de-stress your mind and body. Class structure and intensity may vary.
Yoga & Meditation	Yoga & Meditation focuses on a calming, quiet atmosphere to center the body and mind. Emphasis will be placed on lengthened meditation time to improve serenity and focus as well as comfortably lengthening the muscles.
Zumba®	Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party!

