

# FALL 2024 GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6AM	<b>QuickFit (C)</b> 6:15-7:00AM Maggie	<b>Deep Water (DW)</b> 6:15-7:15AM Kim	<b>QuickFit (C)</b> 6:15-7:00AM Maggie	<b>Deep Water (DW)</b> 6:15-7:15AM Kim	<b>QuickFit (C)</b> 6:15-7:00AM Caner	
	<b>Cycle (E)</b> 6:30-7:15AM Hayden	<b>BODYPUMP™ (B)</b> 6:15-7:15AM Lily	<b>Cycle (E)</b> 6:30-7:15AM Hayden	<b>BODYPUMP™ (B)</b> 6:15-7:15AM Lily	<b>Cycle (E)</b> 6:30-7:15AM Hayden	
	<b>15/15/15 (B)</b> 6:45-7:30AM Peyton	<b>Yoga (F)</b> 6:30-7:30AM Kristi		<b>Yoga (F)</b> 6:30-7:30AM Kristi		
11AM			<b>AquaFit (RP)</b> 11:00AM-11:45AM Sandi			
12PM	<b>BODYPUMP™ (B)</b> 12:15-1:15PM Melanie	<b>15/15/15 (B)</b> 12:15-1:00PM Brooke	<b>BODYPUMP™ (B)</b> 12:15-1:15PM Melanie	<b>Yoga (F)</b> 12:15-1:15PM Myrna	<b>Yoga (F)</b> 12:15-1:15PM Myrna	
	<b>QuickFit (C)</b> 12:15-12:45PM Nick	<b>Deep Water (DW)</b> 12:15-1:00PM Kim	<b>QuickFit (C)</b> 12:15-12:45PM Brody	<b>Deep Water (DW)</b> 12:15-1:00PM Kim	<b>QuickFit (C)</b> 12:15-12:45PM Nick	
	<b>CORE™ (F)</b> 12:30PM-1:10PM Kelly	<b>QuickFit (C)</b> 12:15-12:45PM Sierra	<b>Yogalates (F)</b> 12:30-1:00PM Melissa	<b>QuickFit (C)</b> 12:15-12:45PM Sierra	<b>TONETM™ (B)</b> 12:30-1:15PM Kelly	
3PM					<b>Cycle Express (E)</b> 3:30-4:00PM Ally	
4PM		<b>Yoga &amp; Meditation (F)</b> 4:15-5:15PM Ruth	<b>TRX® 360 (D)</b> 4:15-5:15PM Dana	<b>Cycle Express (E)</b> 4:15-4:45PM Olivia	<b>Yoga &amp; Meditation (F)</b> 4:15-5:15PM Ruth	<b>Yoga (F)</b> 4:00-5:00PM Myrna
	<b>CardioBox (BOX)</b> 4:15-5:00PM Carlee	<b>Cycle Express (E)</b> 4:15-4:45PM Olivia	<b>CardioBox (BOX)</b> 4:15-5:00PM Maggie	<b>Yoga (F)</b> 4:15-5:15PM Renee	<b>CardioBox (BOX)</b> 4:15-5:00PM Carlee	
5PM	<b>Yoga (F)</b> 5:00-6:00PM Renee	<b>Cycle Core (E)</b> 5:00-6:00PM Kati	<b>Cycle (E)</b> 5:15-6:00PM Nicholas	<b>Cycle Circuit (E)</b> 5:00-6:00PM Kati		<b>Cycle (E)</b> 5:30-6:15PM Kati
	<b>Cycle (E)</b> 5:15-6:00PM Dana	<b>Barre X Yoga (A)</b> 5:30-6:30PM Ruth	<b>BODYPUMP™ (B)</b> 5:30-6:15PM Betsy	<b>Barre (A)</b> 5:30-6:30PM Xi An		
6PM	<b>Cycle (E)</b> 6:30-7:15PM Nicholas		<b>Cycle (E)</b> 6:30-7:15PM Ava			
	<b>TRX® Yoga (D)</b> 6:30-7:30PM Ruth	<b>HIIT (B)</b> 6:30-7:15PM Claire	<b>TRX® Yoga (D)</b> 6:30-7:30PM Ruth	<b>HIIT (B)</b> 6:30-7:15PM Nick		
			<b>BODYBALANCE™ (B)</b> 6:30-7:30PM Betsy			
7PM	<b>Pilates (A)</b> 7:00-7:45PM Vivian		<b>Step Aerobics (A)</b> 7:00-7:45PM Vivian			
8PM		<b>CardioBox (BOX)</b> 8:00-8:45PM Kieran		<b>CardioBox (BOX)</b> 8:00-8:45PM Kieran		



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<b>15/15/15</b>	15/15/15 is a high intensity blended workout composed of 15 minutes of cardio, 15 minutes of strength/circuit/weights, and 15 minutes of core.
<b>Aqua Fit</b>	Experience the vitality of shallow water while focusing on cardiovascular health, flexibility, strength and balance! A variety of aquatic equipment and moves will be used to improve overall conditioning. This explosive, intense and fun workout will strengthen your core, tone your arms and legs, improve your coordination and leave you feeling energized!
<b>Barre</b>	This class is a full body workout utilizing ballet, Pilates, and strength training. The Barre format strengthens and stabilizes muscles, while performing small isometric movements. No ballet experience necessary!
<b>Barre X Yoga</b>	A cross between barre and yoga, this class will provide you with all the toning benefits of barre and the relaxation of yoga. Small weights, balls, and bands may be used to enhance the workout.
<b>BODYBALANCE™</b>	BODYBALANCE™ is the yoga-based work that will calm your mind, strengthen your body, and improve your flexibility. By combining yoga sequences, held postures, Tai Chi and Pilates, BODYBALANCE encapsulates all the research-based benefits of practicing yoga.
<b>BODYPUMP™</b>	BODYPUMP™ is a scientifically-backed barbell workout using light to moderate weights and high reps to increase your strength and fitness.
<b>CardioBox</b>	CardioBox is a high intensity interval training class designed to make you sweat! With an additional emphasis on ab exercises, CardioBox is a great full body workout for everyone! No prior boxing experience is required!
<b>CORE™</b>	LES MILLS CORE™ is an intense core workout for functional fitness. It's scientifically designed to build strength, stability, and endurance in the muscles that support your core.
<b>Cycle/ Cycle Express</b>	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.
<b>Cycle Circuit</b>	This class will take place on and off the bike in Studio E and Studio D, combining cycle and circuit style strength training. This class will be the perfect blend of cardio and strength training to put your cardiorespiratory system to the test, no experience necessary!
<b>Cycle Core</b>	This class will take place on and off the bike combining cycle and mat-based core exercises. Get your heart rate up by cycling on the bike and then get ready to target your abdominal muscles with a series of exercises. This class is the perfect blend of cardio and core training, no experience necessary!
<b>Deep Water</b>	Exhaust every muscle in your body and ignite your core without ever touching the ground in this low-impact, cardio and strength based class! Classes are held in the diving well. Buoyancy belts provided. No swimming experience required.
<b>HIIT</b>	HIIT or otherwise known as "High Intensity Interval Training" is a very common trend in today's fitness world. The format of the class is designed to help you burn calories during the morning workout and throughout the rest of your day!
<b>Pilates</b>	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.
<b>QuickFit</b>	A perfect choice for those in a time crunch! This total body cardio/strength express class will condition your body in just 30 minutes.
<b>Step Aerobics</b>	Get ready to elevate your fitness routine and step up to a new challenge! Our Step Aerobics class combines high-energy cardio with dynamic movements to help you burn calories, tone muscles, and improve coordination.
<b>TONE™</b>	LES MILLS TONE™ is the complete workout. By combining the world's best music and cutting-edge innovation, TONE seeks not only to improve your strength and fitness but target your coordination, agility, fitness levels, balance and explosive power. TONE builds your overall athleticism.
<b>TRX® 360</b>	Take your training to the next level with TRX® 360! In addition to the TRX® Suspension Trainer®, this circuit-based class will incorporate a blend of strength training equipment and cardio movements to give you the ultimate full-body workout. Come prepared to advance your TRX® training, challenge your cardiovascular endurance, and increase muscular strength, all fitness levels welcome!
<b>TRX® Yoga</b>	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.
<b>Yoga</b>	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.
<b>Yogalates</b>	Develop muscle length and strength through a fusion of Yoga and Pilates. This class will incorporate body-weight strength training with yoga and flexibility so you'll leave feeling both taxed and relaxed.
<b>Yoga &amp; Meditation</b>	Yoga & Meditation focuses on a calming, quiet atmosphere to center the body and mind. Emphasis will be placed on lengthened guided meditation time to improve serenity and focus as well as comfortably lengthening the muscles.

