

FALL 2024 GROUP FITNESS SCHEDULE

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



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15/15/15	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.
Aqua Fit	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!
Barre	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!
Barre X Yoga	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.
BODYBALANCE™	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.
BODYPUMP™	BODYPUMP™ is a scientifically-backed barbell workout using light to moderate weights and high reps to increase your strength and fitness.
CardioBox	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!
CORE™	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.
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.
Cycle Circuit	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!
Cycle Core	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!
Deep Water	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.
HIIT	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!
Pilates	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.
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.
Step Aerobics	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.
TONE™	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.
TRX® 360	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!
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.
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.
Yogalates	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.
Yoga & Meditation	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.

