## Group Exercise Schedule

**Instructor**
- Quen
- Mike S.
- Jermaine
- Hannah
- Marie
- Aimee
- Beverly
- Hannah
- Catherine
- Aimee
- Danielle
- Lindsay P.
- Carla
- Jeff
- Jen
- Marion
- Amy
- Heather
- Krissa
- Amy
- Paisley
- Sandy
- Beverly
- Susan P
- April

**Class**
- Insanity - Gym
- Group Cycling – RS
- Tough Mudder
- Sculpt
- Group Cycling – RS
- CardioSculpt - Gym
- Zumba Mix
- AquaFit - Pool
- Full Out Barre – BSt
- Power Pump
- Pilates
- Yoga (Flowing)
- Group Cycling – RS
- Senior Weights
- Rhythm RYDE - RS
- Hip Hop/Latin Spice
- PiYo - BSt
- Yoga – CorePower
- Performance Cycling
- Insanity TurboKick Fusion – Gym
- Barre – BSt
- Zumba
- Yoga Stretch – BSt
- Kickboxing – Gym

**Time (a.m.)**
- 5:30 - 6:20
- 5:40 - 6:30
- 6:00 - 6:45
- 8:00 - 8:40
- 8:15 - 9:25
- 8:30 - 9:25
- 8:45 - 9:30
- 8:45 - 9:35
- 9:00 - 9:55
- 9:30 - 10:25
- 10:00 - 10:55
- 11:00 - 11:55
- 12:00 - 12:55
- 12:00 - 12:50
- 1:00 - 1:55
- 2:00 - 3:00
- 3:45 - 4:15
- 4:30 - 5:20
- 5:30 - 6:20
- 5:30 - 6:25
- 5:30 - 6:25
- 5:45 - 7:00
- 6:30 - 7:45
- 7:15 - 8:00

**Time (p.m.)**
- 12:00 - 12:55
- 12:00 - 12:50
- 1:00 - 1:55
- 2:00 - 3:00
- 3:45 - 4:15
- 4:30 - 5:20
- 5:30 - 6:20
- 5:30 - 6:25
- 5:30 - 6:25
- 5:45 - 7:00
- 6:30 - 7:45
- 7:15 - 8:00

**Instructor**
- Amanda
- Ian
- Kris
- Victoria
- Lisa/Charla
- Victoria
- Jen
- Burke
- Charla
- Tonya
- Lisa
- Charla
- Susan G.
- Beverly
- Colleen
- Martha
- Sheri
- Amanda
- Gala
- Jackie
- Matthew
- Lee Ann
- Sabra
- Anna
- Anna
- April

**Time (a.m.)**
- 5:30 - 6:20
- 5:40 - 6:30
- 6:00 - 6:45
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- 11:00 - 11:55
- 12:00 - 12:55
- 12:00 - 12:50
- 1:00 - 1:55
- 3:45 - 4:15
- 4:30 - 5:20
- 5:30 - 6:20
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- April

**Time (p.m.)**
- 12:00 - 12:55
- 12:00 - 12:50
- 1:00 - 1:55
- 4:15 - 5:00
- 4:15 - 5:10
- 5:15 - 6:15
- 5:30 - 6:20
- 5:30 - 6:25
- 5:30 - 6:25
- 5:30 - 6:25
- 5:45 - 7:00
- 6:30 - 7:30
- 7:15 - 8:00

**Class**
- Yoga (Flowing)
- Group Cycling – RS
- Rhythm RYDE - RS
- Hip Hop/Latin Spice
- Yoga (Flowing)
- Insanity PiYo Fusion
- Group Cycling
- Pilates
- Bike
- Yoga - CorePower
- Performance Cycling
- Insanity TurboKick Fusion – Gym
- Barre – BSt
- Zumba
- Yoga Stretch – BSt
- Kickboxing – Gym

**Instructor**
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- Krissa
- Amy
- Paisley
- Sandy
- Beverly
- Susan P
- April
**Thursday**

<table>
<thead>
<tr>
<th>Time (a.m.)</th>
<th>Class</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30 - 6:30</td>
<td>Yoga (Flowing) - BSt</td>
<td>Amanda</td>
</tr>
<tr>
<td>5:40 - 6:20</td>
<td>Performance Cycling - RS</td>
<td>Mike</td>
</tr>
<tr>
<td>5:35 - 6:35</td>
<td>Power Pump</td>
<td>Kris</td>
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<tr>
<td>8:00 - 8:40</td>
<td>Stretch</td>
<td>Victoria</td>
</tr>
<tr>
<td>8:15 - 9:25</td>
<td>Yoga - CorePower – BSt</td>
<td>Heather</td>
</tr>
<tr>
<td>8:30 - 9:20</td>
<td>Insanity - Gym</td>
<td>Quen</td>
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<tr>
<td>8:45 - 9:30</td>
<td>Pilates</td>
<td>Victoria</td>
</tr>
<tr>
<td>8:45 - 9:35</td>
<td>Group Cycling - RS</td>
<td>Cary</td>
</tr>
<tr>
<td>9:00 - 10:00</td>
<td>AquaFit – Pool</td>
<td>Anna</td>
</tr>
<tr>
<td>9:30 - 10:30</td>
<td>Barre – BSt</td>
<td>Tonya</td>
</tr>
<tr>
<td>9:35 - 10:30</td>
<td>Sculpt – Gym</td>
<td>Aimee</td>
</tr>
<tr>
<td>9:35 - 10:00</td>
<td>Foundation Training</td>
<td>Pat</td>
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<tr>
<td>10:00 - 10:55</td>
<td>Yoga (Flowing)</td>
<td>Tanesha</td>
</tr>
<tr>
<td>11:00 - 11:55</td>
<td>Zumba</td>
<td>Lindsey</td>
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**Friday**

<table>
<thead>
<tr>
<th>Time (a.m.)</th>
<th>Class</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30 - 6:20</td>
<td>P90X - Gym</td>
<td>Quen</td>
</tr>
<tr>
<td>5:40 - 6:30</td>
<td>Group Cycling – RS</td>
<td>Mike</td>
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<tr>
<td>5:35 - 6:35</td>
<td>Yoga – CorePower</td>
<td>Kris</td>
</tr>
<tr>
<td>8:00 - 8:55</td>
<td>Sculpt</td>
<td>Marie</td>
</tr>
<tr>
<td>8:30 - 9:45</td>
<td>TBC – Gym</td>
<td>Carla</td>
</tr>
<tr>
<td>8:45 - 9:35</td>
<td>Rhythm RYDE - RS</td>
<td>Jen</td>
</tr>
<tr>
<td>9:00 - 10:00</td>
<td>AquaFit – Pool</td>
<td>Burke</td>
</tr>
<tr>
<td>9:00 - 9:55</td>
<td>Hip HopCardio</td>
<td>Colleen</td>
</tr>
<tr>
<td>9:30 - 10:55</td>
<td>Pilates</td>
<td>Mathew</td>
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<tr>
<td>10:00 - 10:55</td>
<td>Full Out Barre - BSt</td>
<td>Catherine</td>
</tr>
<tr>
<td>11:00 - 12:05</td>
<td>Yoga Stretch</td>
<td>Beverly</td>
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**Saturday**

<table>
<thead>
<tr>
<th>Time (a.m.)</th>
<th>Class</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 - 9:00</td>
<td>Tough Mudder Trail Run - PM</td>
<td>Jermaine</td>
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<tr>
<td>8:00 - 9:00</td>
<td>Power Pump</td>
<td>Susan P.</td>
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<tr>
<td>8:30 - 9:20</td>
<td>Group Cycling – RS</td>
<td>Marie</td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>Hl2T2 – Gym</td>
<td>Lee Ann</td>
</tr>
<tr>
<td>9:00 - 10:00</td>
<td>AquaFit – Pool</td>
<td>Anna</td>
</tr>
<tr>
<td>9:15 - 10:25</td>
<td>CrossFit Mobility Workout - CS</td>
<td>Anna</td>
</tr>
<tr>
<td>10:00 - 11:00</td>
<td>CrossFit Games Workout - CS</td>
<td>Anna</td>
</tr>
<tr>
<td>10:00 - 11:00</td>
<td>Barre – BSt</td>
<td>Amanda</td>
</tr>
<tr>
<td>10:30 - 11:30</td>
<td>Zumba</td>
<td>Lindsey B.</td>
</tr>
<tr>
<td>10:15 - 11:15</td>
<td>Sculpt – Gym</td>
<td>Lee Ann</td>
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</tbody>
</table>

**Sunday**

<table>
<thead>
<tr>
<th>Time (a.m.)</th>
<th>Class</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00</td>
<td>Go! Run Natural Trail Run*</td>
<td>Gary</td>
</tr>
<tr>
<td>1:00 - 1:55</td>
<td>Zumba</td>
<td>Sandy</td>
</tr>
<tr>
<td>2:00 - 2:55</td>
<td>Yoga Stretch</td>
<td>Beverly</td>
</tr>
<tr>
<td>2:00 - 2:50</td>
<td>Performance Cycling – RS</td>
<td>Krissa</td>
</tr>
<tr>
<td>3:05 - 4:05</td>
<td>Power Pump</td>
<td>TBA</td>
</tr>
<tr>
<td>4:15 - 5:10</td>
<td>Insanity</td>
<td>Ali</td>
</tr>
<tr>
<td>5:30 - 6:45</td>
<td>Yoga (Yin)</td>
<td>Martha</td>
</tr>
</tbody>
</table>
Group Exercise Classes

**AquaFit**
Designed for all levels of fitness, this is a cardiovascular and muscular conditioning class in the pool. The water offers resistance rather than impact so it’s gentle on your joints.

**Barre**
Barre is a unique total body workout that will lift your seat, tone your thighs and tighten your core! This class utilizes the ballet barre, sponge balls, and light dumbbells to perform small isometric movements that create long, lean muscles.

**CardioMix**
A blend of aerobic activity and interval training designed to get you in great shape and burn calories.

**CardioSculpt**
This class combines resistance training with intervals of cardio conditioning.

**Core**
Join us for abdominal and back strengthening exercises.

**Foundation Training**
The back exercises performed in this class come directly from the book **Foundation Training** co-authored by Eric Goodman, and Peter Park. The goal of the class is to strengthen the “posterior chain” of muscles that support the spine.

**Full Out Barre**
A challenging and fun variable intensity class with a mix of medium intensity intervals for toning and balance, and high intensity intervals with a ballet flavor. FOB ends with a full out dancers’ stretch to increase circulation to muscles, reset posture, increase flexibility and impact strength over time.

**Group Cycling**
A cardiovascular workout on a stationary bike set to music. A resistance lever on the bike dictates the intensity of the ride so each participant can ride at their level.

**HIIT2**
The goal of this class is to hold an anaerobic state for a long cumulative time using short bursts of high intensity exercise. Utilize HIIT2 training to improve your health, increase fat and weight loss, and improve your strength and stamina. This class uses the same exercises and workouts utilized by elite athletes and the U.S. military.

**Hip Hop Cardio/Latin Spice**
It’s hip, it’s hot, it’s the latest dance grooves set to the hottest music, latin or otherwise. This high-energy dance workout will burn the calories while you shake up your workout (and your “groove thing”).

**Hip Hop Cardio for Kids**
A kid’s version of our adult class designed for ages 5 - 12. Parents are welcome to attend.

**Insanity**
This is not your traditional interval workout. INSANITY uses maximum intensity exercise, trading intervals of work with periods of rest. Participants of all fitness levels will do cardio and plyometric drills with intervals of strength, power, resistance and core training.

**Kickboxing**
This class combines kicks, jabs and hooks with cardiovascular boxing moves.

**NIA**
Nia is a blend of dance and martial arts done barefoot to a variety of international music. Participants will receive cardiovascular conditioning and increased muscle tone and flexibility. Nia is adaptable for any fitness level from stiff beginners to highly fit athletes. Go to www.nianow.com for more information. Nia celebrates the joy of movement!

**Performance Cycling**
The Performance Cycling classes use our new Spivi video software and tracking tools to help you improve your performance and overall fitness on the bike. This class is for everyone - you don’t have to be a road pro to participate.

**Rhythm RYDE**
In this class we whoop it up and work it out on the bike. You (and your abs) will be fully engaged on this mixed interval ride. With life size dance videos playing for motivation, you’ll shred calories while the time flies by.

**P90X**
A total-body, cardio, and strength training class that uses body weight as well as dumbbells, barbells, weight plates, and resistance tubing. Each workout can be modified to accommodate a wide range of fitness levels and abilities. Join a community where there’s friendly competition, encouragement, and personal fitness breakthroughs.

**Pilates**
Pilates (puh LAH teez) mat work classes combine stretching and strengthening moves that build core strength, improve posture and increase flexibility. Exercises focus on coordinating the breath while engaging the abs, lower back, hips and glutes when executing the moves.

**Pilates and yoga into one class. All fitness levels are welcome.**

**Power Pump**
Strength training using an easily adjusted barbell weight set. It is a muscular endurance workout blending moderate resistance training with high repetitions.

**Sculpt**
Sculpt incorporates hand weights, medicine balls, body bars, bands and other pieces of equipment to increase muscular endurance and strength.

**Sculpt 101**
A simple and effective strength training class that works all major muscle groups individually. Core work and balance will be included. All fitness levels are welcome.

**Senior Weights**
This class is designed for people with arthritis, fibromyalgia, back pain, and those who have undergone joint replacements. Join us for light conversation and work to increase range of motion, strength, balance, coordination, and flexibility.

**Step**
A cardiovascular workout using the step. Sequences are introduced and developed as the class progresses.

**Stretch**
Increase your flexibility and relax in this class.

**Tai Chi**
Originally a Chinese martial art, Tai Chi is an effective exercise for physical and mental well being, strengthening and mobilizing joints and muscles, improving physical fitness and mental relaxation. Its movements are slow and gentle and the level of exertion can be adjusted to suit each person’s physical condition.

**Tough Mudder**
This class prepares participants for obstacle course elements.

**Total Body Conditioning (TBC)**
A high intensity circuit cardio/strength conditioning class.

**Turbo Kick**
Get hooked on the Turbo high! With cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes, you’ll get lean and toned—and have a blast doing it!

**Yoga Stretch**
This class includes basic yoga combined with athletic stretches for a complete body stretch while relieasing tension and stress. Stretch, relax, recover.

**Yoga - CorePower**
This class takes the principles of yoga, adds in a focus on core strength, and creates an energizing workout.

**Yoga - Flowing**
In this class, you will perform sequences of yoga poses and stretches that are linked to the breath. The class promotes relaxation, rejuvenation, flexibility and strength.

**Yoga - Hot**
Hot Yoga is a series of yoga poses done in a heated and humidified room. The room is usually maintained at a temperature above 90 degrees. A vigorous yoga session at this temperature promotes profuse sweating and makes the body very warm and therefore more flexible.

**Yoga - Yin**
This class focuses on postures that lengthen the connective tissues surrounding the hips and thoracic region of the body. It promotes mobility for the hips and thoracic spine to allow for stability in the low back and knees. Postures take place on the floor in a non-weight bearing manner and are held for longer periods of time to lengthen and strengthen connective tissues, restore energy, calm the nervous system and help in injury prevention and joint health.

**Zumba**
This class fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout that’s fun and easy to do. The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Add some Latin flavor and zest into the mix and you’ve got ZUMBA!

**Zumba Mix**
This class combines the best of Zumba and Sculpt.