



# CLASS SCHEDULE - Summer 2019

Effective June 28, 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00 – 7:00 am Group Cycling Matt ●♥				6:00 – 7:00 am P90X Carla ♥■		6:00 – 7:00 am Group Cycling Matt ●♥		6:00 – 7:00 am Tabata Carla ♥■					
7:30 – 8:30 am Muscle Max Kim ♥■				7:30 – 8:30 am Muscle Max Kim ■		7:30 – 8:30 am Total Barre Fusion Tonya ■▲		7:15 – 8:30 am Turbo Step & Barre Kim ♥		7:45 – 8:45 am Muscle Isolation Dean ■			
8:30 – 9:15 am Group Cycling Suzanne ●♥		8:00 – 9:00 am Vinyasa Yoga Melissa ■▲		8:30 – 9:15 am Group Cycling Lauren ●♥		8:30 – 9:15 am Group Cycling Tonya ●♥		8:30 – 9:15 am Group Cycling Suzanne ●♥		8:30 – 9:15 am Group Cycling Shelli ●♥		9:15 – 10:00 am Group Cycling Janice ●♥	
9:15 – 10:15 am Vinyasa Yoga Gina ■▲		9:15 – 9:45 <sup>am</sup> Body Shred Julie ♥■	9:15 – 10:00 <sup>am</sup> Group Cycling Janice	9:15 – 10:15 am Muscle Isolation Marci ■		9:15 – 10:15 am Pound Julie ♥■		9:15 – 10:00 am Kettlebell AMPD Meghan ■		9:00 – 10:00 am Turbo Kick Jodi ♥■		9:30 – 10:15 am Pound Julie ♥■	
10:30 – 11:15 am Kids Play Group Tonya		10:30 – 11:30 am Ageless Wonders Lizzie ♥		10:30 – 11:30 am Pilates Fusion Tonya ■		10:30 – 11:30 am Ageless Wonders Lizzie ♥■		10:30 – 11:30 am Ageless Wonders Lizzie ♥■		10:00 – 11:00 am Vinyasa Yoga Trudy ■▲			
1:00 – 2:00 pm Pete's workout today Chris ♥■								1:00 – 2:00 pm Pete's workout Chris ♥■					
		4:00 – 5:00 pm Vinyasa Yoga Rebecca ■▲				4:00 – 5:00 pm Vinyasa Yoga Rebecca ■▲				<p>*Free introductory "FRESH START PROGRAM" to ALL new and existing members including InBody 570 Body Composition Analysis and Functional Movement Screening.</p> <p>MAKE YOUR APPOINTMENT TODAY...</p>			
5:30 – 6:15 <sup>pm</sup> Cycling Peter ●♥	5:15 – 6:00 <sup>pm</sup> Kettlebell AMPD TONYA ♥■	5:15 – 6:15 <sup>pm</sup> Muscle Isolation Dean ■	6:15 – 7:00 <sup>pm</sup> Group Cycling Tonya ●♥	5:30 – 6:15 <sup>pm</sup> Group Cycling Shelli ●♥	5:15 – 6:15 <sup>pm</sup> HIIT Mike ♥■	5:15 – 6:15 pm Muscle Isolation Marci ■							
6:30 – 7:30 pm Gentle Yoga Linda ■▲		6:30 – 7:30 pm Tae Kwon Do/Hapkido Matt ♥		6:30 – 7:30 pm Gentle Yoga Andrea ■▲		6:30 – 7:30 pm Tae Kwon Do/Hapkido Matt ♥							

# CLASS DESCRIPTIONS - Spring 2019

Effective June 28, 2019

- ♥ Cardio Class
- Strength Training
- Cycling Class
- ▲ Body/Mind

## CLUB HOURS:

Monday – Thursday  
5:00 am – 9:00 pm  
Friday  
5:00 am – 8:00 pm  
Saturday  
7:00 am – 4:00 pm  
Sunday  
7:00 am – 2:00 pm

## Childcare Hours

Monday to Friday  
8:45 to 11:15 am  
5:00 to 6:30 pm  
Saturday  
8:30 to 10:30 am



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## Ageless Wonders ♥■

Focuses on cardiovascular endurance, flexibility and functional strength training for the mature adult who wants to move and groove.

## Biker Barre ■▲

Cycle 30 minutes with a warm-up and intervals to challenge your cardio efficiency. Followed by ballet-inspired class with isometric movements and high repetitions. Finish off with Pilates mat work and stretching to lengthen all your muscles.

## Body Shred ♥■

A 30 minute high-intensity interval training class designed by fitness guru Jillian Michaels. This class uses a “3-2-1 format”- 3 minutes of weights, 2 minutes of cardio, and 1 minute of abs repeated four times for a killer workout. Perfect for the average gym goer on up to the elite athlete.

## Kettlebell AMPD ■

A group fitness format that takes heart-pumping music and kettlebell moves, and combines them into 45 minutes of calorie torching fun! The program uses lightweight kettlebells, in both traditional and non-traditional ways, to create a fun, effective full body workout. Combining the benefits of strength training, functional movements and cardiovascular exercise, effective workout for all ages and fitness levels.

## Gentle Yoga ■▲

Move slowly into basic yoga poses while using the breath as a tool to remain present and mindful. Increase flexibility and strength while creating calm and ease in body and mind. Ideal for those new to yoga and for the experienced student seeking a slower more mindful practice. Suitable for all levels of ability.

## Group Cycling ●♥

Intense and exhilarating workout on a stationary bike. Set to heart-pumping music and varying in speed and resistance. Many styles to choose from, or simply try them all!

## HIITworkout ♥■

A high intensity interval workout combining agility drills, TRX, cross fit and a tabata finish. All done in our fit pit. Weather permitting

## Kundalini Yoga ■▲

Kundalini Yoga is a unique and dynamic blend of physical postures, breathing, movement, stretching, meditation, mantra, and relaxation, the combination of which activates the glandular system, strengthens the nervous system, expands the lung capacity, and purifies the bloodstream. Both safe and effective, it brings balance to the body, mind, and soul, and can be practiced by almost anyone, regardless of age, fitness level, and experience.

## Muscle Isolation ■

This class targets different parts of the body each week. You'll zero in on specific muscle groups to shape your body and build strength.

## Muscle Max ■

A resistance training class using various equipment from balls to weights to bands. This class works on strengthening the body from head to toe.

## Peter's workout ♥■

Inspired by Peter's workout, this class incorporates high-intensity interval training (HIIT), you will learn and do Olympic lifts along with functional & compound movements for maximal results.

## P90X ♥■

P90X LIVE is a total-body cardio and strength training class that uses body weight as well as dumbbells and resistance tubing. The class structure is designed to “keep the body guessing” as to what comes next, therefore creating continual adaptation and fitness improvements.

## Pilates Fusion ■

Capture your energy, remove stress, & revitalize your mind as you experience the class that combines the basic elements of a Pilates mat class with various yoga moves & postures.

## Pound ♥■

Channel your inner “rock star” with this full-body cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums! Pound combines cardio, conditioning and strength training with yoga and Pilates-inspired movements. The workout is easily modifiable so all levels of fitness are encouraged to join in.

## Tabata ♥■

A high intensity class, with timed-interval training. An amazing fat burning workout. This class will push you hard and take you to the next fitness level.

## Tae Kwon Do/Hapkido ♥

Begin with aerobics and stretching to warm up and burn calories, then learn forms, fighting and defense techniques to get you feeling confident and in shape while working toward your black belt.

## Total Barre Fusion ■▲

This is a fitness class that incorporates the ballet barre as a prop for balance enabling isometric movement combined with high repetitions and smaller range of motion. Fusing ballet foot positions with elements of Pilates, dance, and functional training. All moves are combined with motivating music.

## Total Body Infusion ■

Total Body Infusion will incorporate compound movements to strengthen your whole body. You will be utilizing equipment such as kettlebells, hand weights, resistance bands and stability balls. Increase your strength and hit your highest potential. This class is for all fitness levels.

## Turbo Kick ♥■

Shadow boxing, kickboxing, sports drills, yoga and martial arts are combined to give you a heart-pumping cardio blast!

## Turbo Step & Barre ♥

Energized with a sharper mind and a toned body as you work the elevated platform by repeating sequential movements to the beats of some great music. 45 mins of Step and 30 mins of Barre. All levels are welcome!

## Vinyasa Flow Yoga ■▲

A flowing, dynamic yoga practice that cultivates presence by connecting movement with breath. Sequences involve sun salutations, standing and seated postures, back bending, arm balancing and a strong focus on the power of breath awareness. Vinyasa yoga classes tend to be more vigorous and aerobic with a variety of music and themes.