



CLASS SCHEDULE - 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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 – 8:15 am Group Cycling Sammy ●♥	7:30 – 8:30 am Muscle Max Kim ■	7:30 – 8:30 am Back To The Barre Kim ■▲	7:15 – 8:30 am Turbo Step & Barre Kim ♥	7:45 – 8:45 am Muscle Isolation Dean ■
8:00-9:15am Kundalini Yoga Cait ■▲	8:30 – 9:15 am Group Cycling Suzanne ●♥	8:00 – 9:00 am Vinyasa Yoga Renee ■▲		8:30 – 9:15 am Group Cycling Jess ●♥	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 ^{am} Shred It Julie ♥■	9:15 – 10:00 ^{am} Group Cycling MaryLynn ♥■	9:15 – 10:15 am Muscle Isolation Marci ■	9:15 – 10:00 am Pound Julie ♥■▲	9:20 – 10:20 am Hiit and Run Suzanne ■
9:30 – 10:15 am Pound Julie ♥■▲		10:30 – 11:30 am Ageless Wonders Lizzie ♥	10:30 – 11:30 am Move Well Bettina ■	10:30 – 11:30 am Ageless Wonders Lizzie ♥■	10:30 – 11:30 am Ageless Wonders Lizzie ♥■	10:15 – 11:15 am Vinyasa Yoga Renee ■▲
		4:00 – 5:00 pm Vinyasa Yoga Rebecca ■▲		4:00 – 5:00 pm Vinyasa Yoga Rebecca ■▲	NEW 4:30-5:30pm Power Pedal & Dumbbells Janice <small>(6 week pop-up class)</small>	
	5:00 – 5:45 ^{pm} Group Cycling Shelli ●♥	5:15 – 6:15 ^{pm} Muscle Isolation Dean ■	5:15 – 6:15 ^{pm} HIIT & Run Suzanne ♥■	5:30 – 6:15 ^{pm} Group Cycling MaryLynn ●♥	5:15 – 6:15 pm Muscle Isolation Marci ■	6:30 – 7:15 ^{pm} Group Cycling Eli ●♥
	6:30 – 7:30 pm Gentle Yoga Linda ■▲	6:30 – 7:30 pm Kundalini Yoga Jill ■▲	6:30 – 7:30 pm Yoga Eileen ■▲	6:30 – 7:30 pm Tae Kwon Do/Hapkido Matt ♥		

CLASS DESCRIPTIONS

- ♥ 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
9:15am to 11:15 am
Monday to Thursday
5:00 to 6:30 pm
Saturday
8:30 to 11:00 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.

Back To The Barre ■▲

A motivating complete body workout focusing on proper body placement, low impact movement, balance, flexibility and strength. Implementing ballet positions, terminology and functional benefits, all set to contemporary music. A fun yet challenging class.

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 ●♥

An intense and exhilarating workout on a stationary bike, set to heart-pumping music and varying in speed and resistance. We have many styles to choose from, or simply try them all!

HIIT and Run ■

This total body workout will build strength and endurance for your whole body. You will be utilizing equipment such as body bars, kettlebells, gliders, dumbbells resistance bands and stability balls. Increase your fitness and hit your highest potential! This class is for all fitness levels.

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.

Move Well ■

This class draws inspiration from yoga, pilates and different forms of strength training while working the body using its own weight, resistance bands, balls and other props. You will build strength, stability and balance, while targeting muscles throughout the entire body. Low impact workout suitable for all fitness levels.

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.

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.

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.

Power Pedal Pump & Dumbbells ♥■●

6 week POP-UP class featuring 30 minutes of Power Pedal Pump followed by 30 minutes of a dumbbell workout. You'll get your heart pumping while cycling and finish off with strengthening your core, glutes and

Shred It ♥■

This 30 minute metabolic workout combines multi-planar resistance moves, HIIT cardio, and core strengthening exercises to challenge your balance, strength, coordination, and cardio endurance! Push yourself to the next level! Perfect for the average gym goer on up to the elite athlete.

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.

Tap Fitness ♥■

A fun tap dance workout that exercises your entire body and mind. Easy to learn steps and choreography that will keep you moving and smiling. Participants will leave the room feeling like Eleanor Powell and Fred Astaire. Tap shoes or Slip on Taps required. All skill levels welcome.

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.

Turbo Kick ♥■

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

Turbo Step & Barre ♥

Energize your body and sharpen your mind 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.