

Group Fitness Schedule

Please note that the schedule is subject to change without notice.

All classes are included with all memberships and punch passes. Non-members must pay \$6 to attend classes.

All Cycling classes happen in the Indoor Cycling Room, located in the back hallway.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am Zumba Sparkle		5:30 am Zumba Sparkle			
	6:30 am Cycling Osra		6:30 am Cycling Osra		
8:00 am Country Heat Lola	8:00/8:30 am HIIT/Ab & Core Irene	8:00 am PiYo Teddie	8:00 am Circuit Irene	8:00 am Zumba Teddie	8:30 am The Body Shop Irene
9:00 am R.I.P.P.E.D Katie	9:00am Form Fit Katie	9:00 am Cycling Deb	9:00 am Form Fit Katie	9:00 am R.I.P.P.E.D. Katie	9:30 am Cycling *Varies
10:00 am PiYo Teddie	10:15 am Tai-Chi Rose	9:00 am Zumba Teddie	9:00 am Cycling Irene	9:00 am Cycling *Varies	9:30 am Zumba Teddie/Sparkle
		10:00 am Strength & Grace Irene	10:00 am Country Heat Lola	10:00 Fusion Irene	
4:30 pm Zumba Teddie		4:30 pm Zumba Teddie	4:30 pm Tai-Chi Mary		
5:00 pm Cycling Irene	5:30 pm Circuit Irene	5:30 pm Kickboxing Weslie	5:30/6:00pm HIIT/Ab & Core Irene		
5:30 pm Final Cut Weslie	5:30 pm Cycling Tracy	6:00 pm Cycling Irene	7:00 pm Zumba Sparkle		
6:30 pm Strength & Grace Tracy					

Class Descriptions

Country Heat: This aerobic dance class set to country music will get your heart pumping.

Form Fit: Weights Intensive Class designed to build muscular strength & focuses on good form.

Strength & Grace: Learn how to train the core for improved overall balance. This class tones and shapes the body while engaging the core.

Cycling: This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Remember to bring a towel and water bottle!

Zumba: Internationally known Latin Dance based cardio workout that will leave you begging for "Uno Mas!"

Kickboxing: Come jab, kick, and punch your way into fitness.

Circuit Training: Complete body workout to develop your stamina. Strengthen and tone the entire body.

Final Cut: You will be challenged! A powerful way to strength train. We will challenge all major muscle groups with the best weight room moves.

The Body Shop: This class tones and shapes the body while engaging the core.

PiYo: Fun, challenging class design to build Strength, Balance & Flexibility. The moves fit perfectly together to form a class full of energy, power and rhythm.

Tai Chi: Tai Chi is an ancient technique from the orient and has been known to stimulate your mind, joints and muscles. All levels and ages are welcome.

R.I.P.P.E.D: R.I.P.P.E.D is a full body work out incorporating cardio and weight sections to hit every muscle group. Filled with HIIT style sports drills, kickboxing, full upper and lower body weight lifting and finishes off with abs! You'll see improved endurance, strength, and coordination after taking this class!

H.I.I.T/ Ab & Core: This two part class consists of 30 minutes of high intensity interval training and 30 minutes of focused core work.

Fusion: This two part, hour long, class fuses a workout designed to challenge your cardiovascular fitness and muscular endurance with a 30 minutes Strength & Grace class for a great all around workout. Come sweat...leave satisfied.

Please contact the Health & Fitness Coordinator with any questions or concerns by either leaving a message at the front desk or calling 729-5600.