

GROUP FITNESS ROOM

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00AM		Gentle Yoga Iris			Get on the Ball Laura		
8:15AM						Vinyasa Yoga Iris	
9:15AM	Bodies In Motion* Laura	Begin Toning* Becky	Bodies In Motion* Laura				
10:30AM						Zumba Iris	
12:00PM	P.T. Physical Training** Becky	Get on the Ball Laura**	Tight & Toned** Sandra		P.T. Physical Training** Becky		
12:15PM							
4:15PM		Vinyasa Yoga Iris					
5:00PM			Kick Boxing Angie				
5:30PM	Step Challenge Angie						
6:00PM				Dance Fusion Rhonda			
6:45PM	Pilates* Linda	Zumba Sandra	Pilates* Linda				
7:00PM				Fab Abs*** Rhonda			

NO STARS indicate 1 hour class
 * = 45 minute class
 ** = 30 minute class
 *** = 15 minute class

Gentle Yoga: Therapeutic and healing. Beneficial poses for the neck, shoulders, and back. Class is held in a warm room.

Core Strength & Stretch: Do you want to strengthen your abs and core? This class is geared toward just that! Be prepared to be challenged!

Kick Boxing: Easy to follow, drill-based kick boxing exercise set to music. Elevate your heart rate and challenge your body.

Dance Fusion: This dance class has it all! *Hip hop, Salsa, African, even Belly Dancing!* Each class is exciting and different!

- Vinyasa Yoga:** This style of yoga is the sequence of poses with interlinking transitional movement and matching breathing patterns. This class creates a flowing connection of yoga postures that give you a balanced workout.
- P.T. Physical Training:** "The only easy day was yesterday." A tough, no nonsense, boot camp style workout that is challenging but fun. You'll put forth 110% effort, and in return see confidence boosting results.
- Step Challenge:** "Step" aerobics. A versatile workout with step power and propulsion moves added to the variations.
- Body Blast:** A circuit training class that focuses on flexibility, core strength, balance, & muscle endurance. This class promises great results & fun.
- Spin:** A vigorous, aerobic workout on a stationary bicycle that burns serious calories. A motivating instructor yells out commands and upbeat music is played while you pedal at your own level and pace. A great workout, not only for your heart but for your quadriceps and outer thigh muscles.
- Aerobic-ise:** A total body workout that combines jazz dance, resistance training, Yoga, Pilates, muscle toning, kickboxing moves, and stretching. This class is fun and easy to follow.
- BEGIN TONING:** Perfect class for beginners/intermediates looking to build lean muscle which helps burn FAT! Toning is a crucial part of weight loss and over all appearance. Pair this class with our "Aerobic-ise" class for your ultimate, quick results!
- Tight & Toned:** A 30-minute quick but intense, total body toning for your entire body. Sandra will turn your body into a fat burning machine!
- Pilates:** An aerobic, mat workout that not only works on your physical well being but also your mental. Pilate's strengthens muscles and increases flexibility by focusing on the core muscles, which help keep your body balanced. Come relax and rejuvenate yourself.
- Get On The Ball:** A 45-minute full body workout using a stability ball.
- Bodies in Motion:** Beneficial for Seniors class (50+). This class will increase joint movement using the entire body with exercise that simulates everyday body mechanics. Good for heart and joints.