




















# Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 7:00 AM Triple Play		 7:00 AM Triple Play			
	 8:00 AM Vinyasa Flow			 8:00 AM Total Body Reset		 8:00 AM Cardio Blast
 9:00 AM Cycle	 9:00 AM BODYPUMP	 9:00 AM Triple Play	 9:00 AM Cycle/Strength	 9:00 AM BODYPUMP	 9:00 AM Barre	 9:15 AM BODYPUMP
	 10:30 AM Low-Impact Cross Train	 10:30 AM Active Adult	 10:30 AM Gentle Yoga	 10:30 AM Active Adult	 10:30 AM Gentle Yoga	 10:30 AM Barre


50 min class


60 min class


75 min class

 5:45 PM  
BODYPUMP

 4:30 PM  
HIIT

 5:45 PM  
Cycle

 4:30 PM  
Barre

 5:45 PM  
Cardio Blast

 5:45 PM  
BODYPUMP

 5:45 PM  
Cycle/Strength

 5:45 PM  
CHALLENGE

2nd Friday of every month

## Club Hours:

Monday– Friday 7:00AM - 9:30PM  
Saturday 8:00AM - 6:00PM  
Sunday 9:00AM - 6:00PM

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AND GO TO  
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# Fitness Class Descriptions



**Active Adult** focuses on exercises that maintain a strong and healthy body with emphasis on strength, balance, coordination, stamina, posture, agility, and fall prevention.



**Barre** is a fun, dance inspired class that incorporates elements of Pilates, ballet, yoga, and functional training. Lengthen and strengthen your body using the concept of muscle fatigue in a low impact fashion all designed to maximize results.



**Les Mills BODYPUMP™** is the original barbell class that shapes, tones, and strengthens your entire body. Using light to moderate weights, you will burn calories, increase core strength, and improve bone health.



**Cardio Blast** provides total body conditioning of your entire body while improving your cardiovascular strength! We will keep you moving throughout this class using jump ropes, steps, ladders, and more for a fun and energetic format.



**Challenge Class** is a high-intensity workout designed to push your body to its fullest potential. With good music, fun moves, and good friends, you won't realize you've been working out for 75



**Cycle** is a high energy class that incorporates intervals, climbs, and descents on the bike to deliver a full-body cardiovascular workout.



**Cycle/Strength** will improve your cardiovascular and muscle endurance with a 40 minute ride and a 20 minute strength portion.



**Gentle Yoga** links several poses together to create strength, flexibility, endurance, and balance, all with an option of a chair for extra support.



**Low-Impact Cross Train** incorporates different types of movements and exercises into a full-body, low-impact workout using a variety of equipment.



**HIIT** is high intensity interval training. It incorporates several rounds of exercise alternating between high intensity movements designed to raise the heart rate followed by shorter segments of low intensity movements that bring the heart rate down.



**Total Body Reset** is an alignment-based, heart-centered practice that is playfully designed to develop strength and flexibility in body and mind. All levels are encouraged to attend!



**Triple Play** has a little bit of everything! It includes sets of low impact cardio, strength, and core. This class utilizes different pieces of equipment to achieve overall muscle and cardio endurance.



**Vinyasa Flow** is a type of yoga that links movement and breath to attain balance in the mind and body. Vinyasa aligns a deliberate sequence of poses with the breath to achieve a continuous flow.