

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--- MORNING CLASSES ---						
TBC 8:30-9:30am Carrie S. FS	Spin 5:30-6:20am Nicole S. FS	Bootcamp 5:30-6:15am Nicole S. FS	Spin 5:30-6:20am Nicole S. FS	Bootcamp 8:15-9:00am Nicole S. FS	Spin 7:00-8:00am Wendy C. FS	Kettlebell 8:30-9:15am Devin R. FS
Aquafit 8:30-9:30am Anita S. SC	TBC 9:35-10:25am Lindsey D. FS	Aquafit 8:30-9:30am Anita S. SC	Rotation Station 8:05-8:50am Carrie S. FS	Aquafit 8:30-9:30am Sherry M. SC	Yolates 8:05-8:50am Wendy C. FS	TBC 9:15-10:00am Devin R. FS
	Forever Fit 10:30-11:30am Sarah S. DS	Tabata+ 9:15-10:15am Aletha L. FS	Life Pump 9:15-10:15am Nicole S. FS	Step Circuit 9:15-10:15am Lisa D. FS	Box Circuit 9:00-10:00am Wendy C. FS	Aquafit 9:30-10:30am (Rotation) SC
	Yoga Fusion 10:30-11:30am Lindsey D. FS	Women on Weights 10:30-11:30am Aletha L. LC	Forever Fit 10:30-11:30am Sarah S. FS	Yoga 10:30-11:30am Lindsey FS	45min ABS 10:15-11:00am Aletha L. FS	
					Zumba 11:15-12:15pm Jacqui G. FS	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--- EVENING CLASSES ---						
POUND® 5:45-6:30pm Aletha L. DS	Yolates 5:30-6:15pm Wendy C. FS			POUND® 6:30-7:15pm Aletha L. FS	Women on Weights 11:15-12:00pm Aletha L. LC	
Bootcamp 5:15-6:00pm Nicole S. LC	TRX- Beginners 6:30-7:30pm Aletha L. LC	Spring Shape-Up 6:30-7:30pm Lisa D. FS	Spin-bata 6:00-7:00pm Nicole S. FS			
Step Circuit 6:30-7:30pm Lisa D. FS	TBC 6:30-7:30pm Wendy C. FS		Zumba 7:00-8:00pm April W. DS			
Boxing 6:15-7:00pm Nicole S. LC	Aquafit 7:10-8:10pm Susan B. SC		45min ABS 7:00-7:45pm Aletha L. FS			
Zumba 7:35-8:35pm April W. FS	TRX CBS- Advanced 7:45-8:30pm Aletha L. LC	Xtreme Interval 7:45-8:30pm Devin R. FS	Aquafit 7:10-8:10pm Laura B. SC			
			Kettlebell 7:45-8:30pm Aletha L. FS			

Flex Class: Drop-in

Flex Class: Drop-in Aqua Class

Flex Class: Drop-in New class or time change

FS= Fitness Studio

DS= Dance Studio

SC= Splash Central

LC = LIFECENTER

SR = Senior Room

PR= Program Room

GC=Gym Court

AQUAFIT - Challenge yourself with water resistance in this low-impact cardiovascular workout for muscle toning and improved range of motion. Designed for all fitness levels, you don't have to be a swimmer to participate.

BOOTCAMP- If you're looking to switch up your workout routine and bring it to the next level, then bootcamp is the class for you! This class is different every time, and works all areas of the body. You're guaranteed to sweat working with various types of equipment, weights, and your own bodyweight in this workout!

BOX CIRCUIT -High intensity cardiovascular exercise that combines boxing and martial arts with circuit stations to maximize aerobic and strength potential.

BOXING- A boxing inspired intense workout meant to improve cardio, gain power, and kick some butt!. Push yourself in 3-5 rounds of intense moves to torch the fat and get strong.

Core and Stretch- The perfect starter class for those looking to strengthen your core and loosen your body

FOREVER FIT -Join us for this low- impact, easy to follow aerobic class. Some basic step will be used. It's designed for those looking for a low impact challenge. A short toning segment is included.

KETTLEBELL -Burn calories and fat with this 45 minute kettlebell workout. Strengthen and sculpt your arms, shoulders and back as well as tone your core and butt.

LIFE PUMP -This 60 minute workout challenges all of your major muscle groups by using a variety of equipment including weights, tubes, bands, resist-a-balls and body bars.

POUND®- A full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses..

ROTATION STATION- This station classincorporates cardio, core and strength; allowing you to work at your own pace and pushing yourself until you move to a different exercise.

SPIN- Grab your water bottle and towel and join us for this exciting 40 minute indoor cycling class. You will enjoy motivating music while simulating outdoor cycling, which will challenge your mind as well as your body. WATER BOTTLE IS MANDATORY. TOWEL IS HIGHLY RECOMMENDED.

SPIN-BATA - This high intensity interval training class has the perfect mix of Spin and Tabata with enough energy to keep you sweating the entire time. Each class will alternate between classic spin bike training and variable tabata movements to keep the body guessing and create lasting results.

Spring Shape-Up- Only a few more months until Spring! This class is a blend of dance-like cardio and tone techniques to get you in shape for warmer weather!

STEP CIRCUIT- This is a great total body workout! This class uses short STEP intervals alternated with strength segments to improve your cardiovascular endurance and muscular strength. We will use various equipment including, but not limited to weights, tubes, bands, resist-a-balls, and body bars to challenge every muscle group.

TABATA+- Tabata interval training mixed with spin bike workouts and stretching.

T.B.C.- Total Body Conditioning -This class alternates intervals of toning with a wide variety of cardio segments, which may include step, kick box, hi/low and others. This class may also be set up using alternating stations of cardio and strength. Weights, tubing, resist-a-balls, body bars and other equipment may be used.

TRX– Suspension training; A total body workout that incorporates cardio, strength, power, balance, flexibility and stability training. Beginner class on Tuesday nights.

TRX CBS– TRX Core, Balance & Stretch- A class for **intermediate to advanced** participants that provides a low-impact option, but high intensity work to help improve your core and balance using suspension training. Ends with great stretches for the entire body.

XTREME INTERVAL- A high intensity strength and conditioning class that combines true interval and plyometric training and into one extreme workout.

YOGA FUSION- Designed to improve health, performance and mental acuity. Based on the science of hatha yoga and Pilates, this class blends balance, strength, flexibility, and foam rolling in a fitness format. This class is user friendly and is geared to all fitness levels.

YOLATES- A great combination of Pilates and Yoga inspired movements. This class will increase your flexibility, core stability and all over muscle tone. Resist-a-ball may be used.

WOMEN ON WEIGHTS – This class is designed to break the cardio mold and introduce weight lifting as part of a healthy body program. This class will intermix TRX, selectorized machines and free weights to help sculpt the strong sexy body you're looking for.

ZUMBA – A fun way to burn calories and get fit by using music and dance to exercise.

45min ABS- Got ABS? You will after this class. Isolated exercises to strengthen and tone your abdominal muscles.

UPDATED 02/10/17