

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-6:45AM 6-PACK ABS MELISSA C. FITNESS STUDIO	6:00-6:45AM BOOTCAMP JENNIFER FITNESS STUDIO	6:00-6:45AM CYCLE 45 JENNIFER FITNESS STUDIO	6:00-7:00AM YOGA SHANNON FITNESS STUDIO	6:00-6:45AM HIIT MELISSA C. FITNESS STUDIO	7:00-7:45AM STRICTLY STRENGTH MELISSA C. FITNESS STUDIO
8:30-9:30AM AQUAFIT BETHANIE SPLASH CENTRAL	8:45-9:30AM STRICTLY STRENGTH SHELLIE FITNESS STUDIO	8:30-9:30AM AQUAFIT BETHANIE SPLASH CENTRAL	8:45-9:30AM HIIT MELISSA C. FITNESS STUDIO	8:45-9:45AM STEP N SCULPT LISA FITNESS STUDIO	8:00-9:00AM CYCLE 60 CATHY FITNESS STUDIO
8:45-9:30AM BARRE FUSION SHELLIE FITNESS STUDIO	9:45-10:30AM MAT PILATES SHELLIE FITNESS STUDIO	8:45-9:30AM BRICK BODIES SHELLIE FITNESS STUDIO	9:45-10:30AM YOLATES SHELLIE FITNESS STUDIO	10:00-11:00AM TAI CHI SHERRY FITNESS STUDIO	9:15-10:00AM BRICK BODIES JACQUI FITNESS STUDIO
	10:45-11:45AM FOREVER FIT BETHANIE FITNESS STUDIO		10:45-11:45AM FOREVER FIT BETHANIE FITNESS STUDIO		
5:30-6:15PM TOTAL BODY CONDITIONING LISA FITNESS STUDIO	5:30-6:30PM ZUMBA® JACQUI FITNESS STUDIO	5:30-6:15PM BRICK BODIES LISA FITNESS STUDIO	5:30-6:15PM MAT PILATES SHELLIE FITNESS STUDIO		
6:30-7:30PM ZUMBA® MELISSA T. FITNESS STUDIO	6:30-7:30PM BARRE ABOVE® ANNETTE DANCE STUDIO	6:30-7:30PM ZUMBA® MELISSA T. FITNESS STUDIO	6:00-6:45PM POUND® ANNETTE DANCE STUDIO		
7:00-8:00PM RESTORATIVE YOGA SHERRY DANCE STUDIO	7:15-8:00PM BRICK BODIES DEVIN FITNESS STUDIO	7:15-8:30PM YOGA RUPAL DANCE STUDIO	7:00-8:00PM BARRE ABOVE® ANNETTE DANCE STUDIO		

<b>KEY</b>	Cardio
	Water
	Strength
	Mind/Body
	Combo (Cardio/Strength)

**6-PACK ABS** – A low-moderate intensity class using bodyweight, plyometric movements, and balance equipment to develop core strength and stability.

**AQUAFIT** – A low-impact cardiovascular workout for muscle toning and improved range of motion. Designed for all fitness levels, you do not have to be a swimmer to participate.

**BARRE FUSION**- A combination of functional strength, dance, Pilates and Yoga. We use bodyweight as a resistance to focus on alignment and optimal posture while enhancing body awareness, coordination, balance and overall strength. 2-3 lb. hand weights, small balls, tubing and bands will be used.

**BARRE ABOVE®** - A moderate intensity class fusing Pilates, yoga, and aerobics. Focus will be on improving posture, balance, muscle endurance, and flexibility. Classes may utilize the Barre, Pilates balls, gliding disks, stretch bands, and light dumbbells. Visit [barreabove.com](http://barreabove.com) to preview a typical class.

**BOOTCAMP** – High Intensity, High Impact class that includes running and biking drills for cardiovascular endurance, body weight and weighted exercises for muscle endurance. Class may move to running track, or outdoors during good weather.

**BRICK BODIES** – Moderate intensity class using various equipment pieces for muscle endurance and (non-choreographed) cardiovascular conditioning. Core and some strength will be included

**CYCLE** – High intensity cardiovascular training that simulates outdoor cycling. CYCLE 45 = 45 minute class, CYCLE 60 = 60 minute class. Strictly FIRST COME FIRST SERVE, Capacity is 18 bikes. WATER BOTTLE IS MANDATORY. TOWEL IS HIGHLY RECOMMENDED.

**FOREVER FIT** – Low to moderate intensity strength training class using body weight and various equipment for low impact challenge.

**MAT PILATES** – A moderate intensity class that develops muscle strength and endurance of core muscles. Participants will utilize Pilates balls, rings, and bands.

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

**RESTORATIVE YOGA** – A gentle moving class designed to help you decompress your mind and relax your body. Geared toward all fitness levels.

**STRICTLY STRENGTH** – A moderate intensity class using free weights, med balls, kettlebells, pump and body bars to develop muscle strength and endurance.

**TAI CHI** – a graceful form of exercise that involves a series of movements performed slowly and with focus. Tai chi strengthens muscles and is good for pre/post joint replacement exercise, as well as arthritic pain. No equipment needed. Wear loose fitting clothing and gym shoes.

**TOTAL BODY CONDITIONING** – This class alternates intervals of toning with a wide variety of cardio segments, which may include, kick box, hi/low and others. This class may also be set up using alternating stations of cardio and strength.

**YOGA** – Designed to improve health, performance, and mental acuity. It blends balance, strength, and flexibility. This class is geared to all fitness levels.

**YOLATES** – A combination of Pilates and Yoga inspired movements. It will increase your flexibility, core stability, and all over muscle tone. Resist-a-ball or Pilates balls may be used.

**ZUMBA®** – A mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility.