

# No classes Labor Day, Sept. 5

All classes included with ELITE membership

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45AM BODY CONDITIONING MELISSA C. FITNESS STUDIO	6:00-6:45AM BODY CONDITIONING JENNIFER FITNESS STUDIO	6:00-6:45AM CYCLE 45 JENNIFER FITNESS STUDIO	6:00-6:45AM BOOTCAMP CINDY FITNESS STUDIO	6:00-6:45AM YOGA SHANNON FITNESS STUDIO	7:15-8:00AM CYCLE 45 WENDY FITNESS STUDIO	8:15-9:00AM YOLATES SHELLIE FITNESS STUDIO
8:30-9:30AM AQUAFIT BETHANIE SPLASH CENTRAL	8:45-9:30AM BRICK BODIES SHELLIE FITNESS STUDIO	8:30-9:30AM AQUAFIT BETHANIE SPLASH CENTRAL	8:45-9:30AM BRICK BODIES SHELLIE FITNESS STUDIO	8:45-9:30AM CARDIO SPLASH SHELLIE SPLASH CENTRAL	8:15-9:00AM BOXING CIRCUIT WENDY FITNESS STUDIO	9:15-10:00AM KETTLE N CORE ROTATION FITNESS STUDIO
8:45-9:30AM STRICTLY STRENGTH CINDY FITNESS STUDIO	9:45-10:30AM MAT PILATES SHELLIE FITNESS STUDIO	8:45-9:30AM BARRE FUSION SHELLIE FITNESS STUDIO	9:45-10:30AM MAT PILATES SHELLIE FITNESS STUDIO	8:45-9:45AM STEP N SCULPT LISA 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	10:00-11:00AM TAI CHI SHERRY FITNESS STUDIO		
5:30-6:15PM BRICK BODIES LISA FITNESS STUDIO	5:30-6:15PM BOOTCAMP CINDY FITNESS STUDIO	5:30-6:15PM BRICK BODIES LISA FITNESS STUDIO	5:30-6:15PM YOGA CINDY FITNESS STUDIO			
6:15-7:15PM ZUMBA® MELISSA T. FITNESS STUDIO	6:15-7:15PM BARRE ABOVE® ANNETTE DANCE STUDIO	6:30-7:15PM YOLATES SHELLIE FITNESS STUDIO	6:30-7:30PM PUMPED UP STRENGTH ANNETTE FITNESS STUDIO			
7:15-8:15PM RESTORATIVE YOGA SHERRY DANCE STUDIO	7:15-8:00PM STRICTLY STRENGTH DEVIN FITNESS STUDIO					

KEY

- Cardio
- Water
- Strength
- Mind/Body
- Combo (Cardio/Strength)

## Ask a LIFECENTER staff member about Class Scan Passes.

**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**<sup>®</sup> - 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.

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

**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.

**BOXING CIRCUIT** – A moderate to high intensity class that brings a balance of kickboxing, plyometric, and strength.

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

**CARDIO SPLASH** – A moderate intensity cardiovascular water class, including core strengthening & stretching for maximum flexibility & range of motion.

**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.

**KETTLE -N- CORE** – Moderate to high intensity workout for your entire body with core muscle control that will get the heart pumping and strengthen muscles. The class will also include core conditioning mat work to further strengthen the body. Dumbbells may also be used.

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

**PUMPED UP STRENGTH** - A full-body strength session, utilizing combination movement patterns in a targeted, rhythmic progression. The workout fuses cardio into a functional strength workout that is challenging and fun.

**RESTORATIVE YOGA** – A gentle moving class designed to help you decompress your mind, relax your body, and stretch your muscles. 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.

**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**<sup>®</sup> – 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.