### MONDAY
- 11:30AM-12:30PM  
  VINYASA YOGA FLOW (B)
- 12:15PM-12:45PM  
  SWEATSHOP (A)
- 12:50PM-1:00PM  
  GLUTES & GUTS (A)
- 5:30PM-6:30PM  
  STRENGTH CIRCUIT (B)
- 5:30PM-6:30PM  
  ATHLETIC CONDITIONING (A)
- 6:45PM-7:30PM  
  CYCLE (B)
- 6:45PM-7:30PM  
  YIN YOGA (B)

### TUESDAY
- 6:15AM-7:15AM  
  SUNRISE YOGA (B)
- 6:45PM-7:45PM  
  VINYASA YOGA FLOW (B)
- 8:00PM-8:30PM  
  T-30 (B)

### WEDNESDAY
- 11:30AM-12:30PM  
  VINYASA YOGA FLOW (B)
- 12:15PM-12:45PM  
  SWEATSHOP (A)
- 12:50PM-1:00PM  
  GLUTES & GUTS (A)
- 4:15PM-5:15PM  
  SLOW FLOW YOGA (B)
- 5:30PM-6:30PM  
  ZUMBA (A)
- 5:30PM-6:30PM  
  STRENGTH CIRCUIT (B)
- 6:45PM-7:45PM  
  ATHLETIC CONDITIONING (B)
- 7:45PM-9:00PM  
  SLOW FLOW YOGA (B)

### THURSDAY
- 6:15AM-7:15AM  
  SUNRISE YOGA (B)
- 11:30AM-12:30PM  
  SLOW FLOW YOGA (B)
- 12:15PM-12:45PM  
  KICKBOXING EXPRESS (A)
- 12:50PM-1:00PM  
  ARMS & ABS (A)
- 5:30PM-6:15PM  
  HIIT (A)
- 5:30PM-6:30PM  
  VINYASA YOGA FLOW (B)
- 6:20PM-6:40PM  
  ROLL & RECOVER (A)
- 6:45PM-7:45PM  
  ZUMBA (A)
- 7:00PM-8:00PM  
  T-30 (B)

### FRIDAY
- 11:30AM-12:30PM  
  VINYASA YOGA FLOW (B)
- 12:15PM-12:45PM  
  STEP EXPRESS (A)
- 12:50PM-1:00PM  
  GLUTES & GUTS (A)
- 5:30PM-6:30PM  
  ZUMBA (A)

### SATURDAY
- 10:30AM-11:30AM  
  ZUMBA (A)
- 11:45AM-12:30PM  
  CYCLE (B)
- 12:35PM-12:45PM  
  ARMS & ABS (B)

### SUNDAY
- 12:30PM-1:45PM  
  WEEKEND WARRIOR YOGA (B)
- 6:15PM-7:15PM  
  CYCLE (B)
- 7:30PM-9:00PM  
  PRANAYAMA & MEDITATION (A)

### GROUP EX PLANS

#### GROUP EX PASSES
- **FALL UNLIMITED**  
  $25
- **SINGLE CLASS**  
  $5

#### GROUP EX SPECIALS
- **DOLLAR DAYS**  
  OCT. 14-20
- **ALL CLASSES FREE**  
  DEC. 9-21

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**INDICATES THE CLASS IS FREE!**  
**INDICATES THE CLASS IS NEW!**
# Group Exercise

**Fall 2018 | August 27 - December 14**

<table>
<thead>
<tr>
<th>Class</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arms &amp; Abs</td>
<td>Strengthen your biceps, triceps, shoulders, upper back and core using a variety of equipment in this quick 10 minute class.</td>
</tr>
<tr>
<td>Athletic Conditioning</td>
<td>A fun, intense class using plyometrics, agility, and sprints to improve speed, strength, and build muscle.</td>
</tr>
<tr>
<td>Cycle/Cycle Express</td>
<td>A high intensity, low impact stationary cycle class that involves cardio challenges by varying speed and resistance.</td>
</tr>
<tr>
<td>Glutes &amp; Guts</td>
<td>A quick, high energy muscle conditioning class that targets and tones your entire core and lower body.</td>
</tr>
<tr>
<td>Hiit</td>
<td>High intensity interval training focuses on short, intense activity bursts followed by brief recovery periods to kick your metabolism into overdrive.</td>
</tr>
<tr>
<td>Kickboxing Express</td>
<td>Punch and kick the calories away with this intense, and effective total body workout! Release your stress and enhance your strength.</td>
</tr>
<tr>
<td>Pilates</td>
<td>A mat-work based class meant to tone and tighten your entire body for long, lean muscles.</td>
</tr>
<tr>
<td>Pranayama &amp; Meditation</td>
<td>A quiet and calm class focused on mental clarity and energy control through breathing exercises and meditation.</td>
</tr>
<tr>
<td>Roll &amp; Recover</td>
<td>Join in on this class where you will perform foam rolling and stretching techniques to release muscle tension, lengthen fascia, and improve flexibility.</td>
</tr>
<tr>
<td>Step Express</td>
<td>This class utilizes adjustable steps and choreography to bring your cardiovascular workout to new and exciting heights.</td>
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<tr>
<td>Strength Circuit</td>
<td>An all strength, no cardio workout using timed intervals to strengthen all of your muscles using dumbbells, gliders, stability balls, and other equipment.</td>
</tr>
<tr>
<td>Sweatshop</td>
<td>A nonstop, powerhouse workout alternating between functional strength training exercises and high intensity cardio intervals.</td>
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<tr>
<td>T-30</td>
<td>This class incorporates strength and conditioning exercises while utilizing the “Tabata” method for timed exercise/rest interval periods.</td>
</tr>
<tr>
<td>Yoga</td>
<td>These classes combine poses and stretches to create a mind and body connection. Mats are provided, but we encourage you to bring your own.</td>
</tr>
<tr>
<td>Slow Yoga Flow: Beginner</td>
<td>This class will be done in coordination with your breath at a slower pace.</td>
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<tr>
<td>Sunrise Yoga: Intermediate</td>
<td>Start your day right with this energizing vinyasa flow class to wake up your body and mind.</td>
</tr>
<tr>
<td>Vinyasa Yoga Flow: Intermediate</td>
<td>This class will guide you through flows at an accelerated pace.</td>
</tr>
<tr>
<td>Yin Yoga: Intermediate</td>
<td>Invites you to slow down while nourishing joints, ligaments, tendons and fascia. Poses are held for 2-5 minutes allowing joints and fascia to release.</td>
</tr>
<tr>
<td>Weekend Warrior Yoga: Intermediate</td>
<td>This 75-minute class will focus on increasing balance, flexibility, and breathing capacity.</td>
</tr>
<tr>
<td>Zumba</td>
<td>With rhythms set to high-energy latin and international beats, this class will get your energy levels soaring!</td>
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</tbody>
</table>