




FALL 2017

GROUP EXERCISE


AUGUST 27 - DECEMBER 9

UPDATED 08/21/17

MONDAY

- 11:30AM-12:30PM  VINYASA YOGA FLOW (B)
- ★12:15PM-12:45PM SWEATSHOP (A)
- ★12:50PM-1:00PM ABS & BACK (A)
- 4:30PM-5:00PM T-30 (A)
- 5:30PM-6:15PM  3-2-1 BURN (B)
- 5:30PM-6:30PM ZUMBA (A)
- 6:30PM-7:30PM ATHLETIC CONDITIONING (B)
- ★7:35PM-7:50PM GLUTES & GUTS (B)
- 6:45PM-7:45PM PILATES (A)
- 8:00PM-9:00PM  YIN YOGA (A)

THURSDAY

- 11:15AM-12:15PM PILATES (A)
- ★12:15PM-12:45PM CYCLE EXPRESS (B)
- ★12:50PM-1:00PM GLUTES & GUTS (B)
- 4:15PM-5:15PM  SLOW YOGA FLOW (B)
- 5:30PM-6:15PM RIPPED (A)
- 5:30PM-6:30PM CYCLE (B)
- 6:30PM-7:30PM ZUMBA (A)
- 6:45PM-7:30PM CARDIO KICKBOXING (B)
- ★7:35PM-7:50PM ALL ABOUT ARMS (B)

TUESDAY

- 11:15AM-12:15PM PILATES (A)
- ★12:15PM-12:45PM STEP EXPRESS (B)
- ★12:50PM-1:00PM GLUTES & GUTS (B)
- 4:15PM-5:15PM  SLOW YOGA FLOW (B)
- 5:30PM-6:15PM RIPPED (A)
- 5:30PM-6:30PM CYCLE (B)
- 6:30PM-7:30PM ZUMBA (A)
- 6:45PM-7:30PM CARDIO KICKBOXING (B)
- ★7:35PM-7:50PM ALL ABOUT ARMS (B)

FRIDAY

- 11:30AM-12:30PM  VINYASA YOGA FLOW (B)
- ★12:15PM-12:45PM  3-2-1 BURN (A)
- ★12:50PM-1:00PM ABS & BACK (A)
- 4:15PM-5:15PM  VINYASA YOGA FLOW (B)
- 5:30PM-6:30PM ZUMBA (A)

SATURDAY

- 10:30AM-11:30AM ZUMBA (A)
- 11:00AM-12:15PM WEEKEND WARRIOR YOGA (B)

WEDNESDAY

- 11:30AM-12:30PM  SLOW YOGA FLOW (B)
- ★12:15PM-12:45PM SWEATSHOP (A)
- ★12:50PM-1:00PM ABS & BACK (A)
- 4:15PM-5:15PM  VINYASA YOGA FLOW (B)
- 4:30PM-5:00PM T-30 (A)
- 5:30PM-6:15PM  3-2-1 BURN (B)
- 5:30PM-6:30PM ZUMBA (A)
- 6:30PM-7:30PM ATHLETIC CONDITIONING (B)
- ★7:35PM-7:50PM GLUTES & GUTS (B)
- 6:45PM-7:45PM PILATES (A)
- 8:00PM-9:00PM  YIN YOGA (A)

SUNDAY

- 4:30PM-5:30PM  SLOW YOGA FLOW (B)
- 6:00PM-7:00PM ZUMBA (A)
- 7:15PM-8:15PM ATHLETIC CONDITIONING (A)

 INDICATES THE CLASS IS FREE!

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GROUP EX SPECIALS

ALL CLASSES FREE	AUG. 15-SEP. 2
DOLLAR DAYS	OCT. 15-21
ALL CLASSES FREE	DEC. 10-22

GROUP EX PASSES

FALL UNLIMITED	\$55
20 CLASSES	\$35
10 CLASSES	\$25
SINGLE CLASS	\$3

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GROUP EXERCISE

AUGUST 27 - DECEMBER 9

CLASS DESCRIPTIONS

3-2-1 BURN

COMBINES CARDIO, STRENGTH, AND CORE INTERVALS TO GET A HIGH INTENSITY WORKOUT IN A SHORT PERIOD OF TIME.

ABS & BACK

TIGHTEN AND TONE YOUR ENTIRE CORE WITH TARGETED, EFFECTIVE ABDOMINAL AND LOWER BACK EXERCISES.

ALL ABOUT ARMS

A QUICK WORKOUT TO CREATE A SLEEK AND STRONG UPPER BODY FOCUSING ON ARMS, UPPER BACK, AND SHOULDERS.

ATHLETIC CONDITIONING

A FUN, INTENSE CLASS USING PLYOMETRICS, AGILITY, AND SPRINTS TO IMPROVE SPEED, STRENGTH, AND BUILD MUSCLE.

CARDIO KICKBOXING

KICK, PUNCH, AND GROOVE THE CALORIES AWAY IN THIS FUN, INTENSE, AND EFFECTIVE CARDIO WORKOUT.

CYCLE/CYCLE EXPRESS

A HIGH INTENSITY, LOW IMPACT STATIONARY CYCLE CLASS THAT INVOLVES CARDIO CHALLENGES BY VARYING SPEED AND RESISTANCE.

GLUTES & GUTS

A QUICK, HIGH ENERGY MUSCLE CONDITIONING CLASS THAT TARGETS AND TONES YOUR ENTIRE CORE AND LOWER BODY.

PILATES

A MAT-WORK BASED CLASS MEANT TO TONE AND TIGHTEN YOUR ENTIRE BODY FOR LONG, LEAN MUSCLES.

RIPPED

THIS STRENGTH TRAINING CLASS COMBINES VARIOUS WEIGHT LOADS WITH SIMPLE MOVEMENTS TO STRENGTHEN YOUR ENTIRE BODY.

STEP EXPRESS

A GREAT CARDIOVASCULAR WORKOUT USING ADJUSTABLE STEPS AND CHOREOGRAPHY.

SWEATSHOP

A POWERHOUSE WORKOUT ALTERNATING BETWEEN FUNCTIONAL STRENGTH TRAINING EXERCISES AND HIGH INTENSITY CARDIO INTERVALS.

T-30

THIS CLASS IS A HIGH INTENSITY, TOTAL BODY TABATA WORKOUT DESIGNED TO BUILD YOUR ANAEROBIC CAPACITY AND STRENGTH.

YOGA

THESE CLASSES COMBINE POSES AND STRETCHES TO CREATE A MIND AND BODY CONNECTION. MATS ARE PROVIDED, BUT WE ENCOURAGE YOU TO BRING YOUR OWN.

SLOW YOGA FLOW: *BEGINNER*

VINYASA YOGA FLOW: *INTERMEDIATE*

YIN YOGA: *INTERMEDIATE*

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.

WEEKEND WARRIOR YOGA: *INTERMEDIATE*

THIS 75-MINUTE CLASS WILL FOCUS ON INCREASING BALANCE, FLEXIBILITY, AND BREATHING CAPACITY.

ZUMBA

FEATURING RHYTHMS SET TO HIGH-ENERGY LATIN AND INTERNATIONAL BEATS, THIS CLASS WILL GET YOUR ENERGY LEVELS AND HEART RATE SOARING.



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