**GROUP EXERCISE**

**FALL 2018 | AUGUST 27 - DECEMBER 14 | NEW**

### 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 ZUMBA (A)
- ★5:30PM-6:30PM STRENGTH CIRCUIT (B)
- 6:45PM-7:30PM DANCE FITNESS (A)
- 6:45PM-7:30PM CYCLE (B)

### TUESDAY
- 6:15AM-7:15AM SUNRISE YOGA (B)
- 11:30AM-12:30PM SLOW FLOW YOGA (A)
- ★12:15PM-12:45PM CYCLE EXPRESS (B)
- ★12:50PM-1:00PM ARMS & ABS (B)
- ★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 PILATES (B)
- 7:00PM-8:00PM ZUMBA (A)
- 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-7:30PM ATHLETIC CONDITIONING (B)
- ★6:45PM-7:45PM ZUMBA (A)
- ★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 PILATES (B)
- 7:00PM-8:00PM ZUMBA (A)
- 8:00PM-8:30PM CYCLE EXPRESS (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-8:30PM SLOW FLOW YOGA (A)

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

### GROUP EX SPECIALS
- ALL CLASSES FREE DEC. 9-21
GROUP EXERCISE CLASS DESCRIPTIONS

ARMS & ABS
STRENGTHEN YOUR BICEPS, TRICEPS, SHOULDERS, UPPER BACK AND CORE USING A VARIETY OF EQUIPMENT IN THIS QUICK 10 MINUTE CLASS.

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

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

DANCE FITNESS
A PRE-CHOREOGRAPHED DANCE CLASS FULL OF DIVERSE MUSIC GENRES TO GET YOU MOVING AND HAVING FUN. NO DANCE EXPERIENCE REQUIRED.

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

HIIT
HIGH INTENSITY INTERVAL TRAINING FOCUSES ON SHORT, INTENSE ACTIVITY BURSTS FOLLOWED BY BRIEF RECOVERY PERIODS TO KICK YOUR METABOLISM INTO OVERDRIVE.

KICKBOXING EXPRESS
PUNCH AND KICK THE CALORIES AWAY WITH THIS INTENSE, AND EFFECTIVE TOTAL BODY WORKOUT! RELEASE YOUR STRESS AND ENHANCE YOUR STRENGTH.

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

ROLL & RECOVER
JOIN IN ON THIS CLASS WHERE YOU WILL PERFORM FOAM ROLLING AND STRETCHING TECHNIQUES TO RELEASE MUSCLE TENSION, LENGTHEN FASCIA, AND IMPROVE FLEXIBILITY.

STEP EXPRESS
THIS CLASS UTILIZES ADJUSTABLE STEPS AND CHOREOGRAPHY TO BRING YOUR CARDIOVASCULAR WORKOUT TO NEW AND EXCITING HEIGHTS.

STRENGTH CIRCUIT
AN ALL STRENGTH, NO CARDIO WORKOUT USING TIMED INTERVALS TO STRENGTHEN ALL OF YOUR MUSCLES USING DUMBBELLS, GLIDERS, STABILITY BALLS, AND OTHER EQUIPMENT.

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

T-30
THIS CLASS INCORPORATES STRENGTH AND CONDITIONING EXERCISES WHILE UTILIZING THE “TABATA” METHOD FOR TIMED EXERCISE/REST INTERVAL PERIODS.

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 FLOW YOGA: BEGINNER
THIS CLASS WILL BE DONE IN COORDINATION WITH YOUR BREATH AT A SLOWER PACE.

SUNRISE YOGA: INTERMEDIATE
START YOUR DAY RIGHT WITH THIS ENERGIZING VINYASA FLOW CLASS TO WAKE UP YOUR BODY AND MIND.

VINYASA YOGA FLOW: INTERMEDIATE
THIS CLASS WILL GUIDE YOU THROUGH FLOWS AT AN ACCELERATED PACE.

WEEKEND WARRIOR YOGA: INTERMEDIATE
THIS 75-MINUTE CLASS WILL FOCUS ON INCREASING BALANCE, FLEXIBILITY, AND BREATHING CAPACITY.

ZUMBA
WITH RHYTHMS SET TO HIGH-ENERGY LATIN AND INTERNATIONAL BEATS, THIS CLASS WILL GET YOUR ENERGY LEVELS SOARING!

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