

GROUP EXERCISE


SCHEDULE

SUMMER II | JULY 9 - AUGUST 10

MONDAY

11:30AM-12:30PM	VINYASA YOGA FLOW (B)
★12:15PM-12:45PM	SWEATSHOP (A)
★12:50PM-1:00PM	GLUTES & GUTS (A)
5:30PM-6:15PM	3-2-1 BURN (A)
5:30PM-6:30PM	SLOW YOGA FLOW (B)
6:45PM-7:30PM	CARDIO KICKBOXING (A)

THURSDAY

11:30AM-12:30PM	SLOW YOGA FLOW (A)
★12:15PM-12:45PM	CYCLE EXPRESS (B)
★12:50PM-1:00PM	ABS & BACK (B)
5:30PM-6:15PM	 STRENGTH CIRCUIT (A)
5:30PM-6:30PM	VINYASA YOGA FLOW (B)
6:45PM-7:45PM	ZUMBA (A)

TUESDAY

11:30AM-12:30PM	SLOW YOGA FLOW (B)
★12:15PM-12:45PM	+STEP EXPRESS (A)
★12:50PM-1:00PM	ABS & BACK (A)
5:30PM-6:30PM	 STRENGTH CIRCUIT (A)
5:30PM-6:30PM	VINYASA YOGA FLOW (B)
6:45PM-7:45PM	ZUMBA (A)
6:45PM-7:45PM	PILATES (B)

+STEP EXPRESS WILL CHANGE TO ZUMBA ON JULY 10

FRIDAY

11:30AM-12:30PM	VINYASA YOGA FLOW (B)
★12:15PM-12:45PM	KICKBOXING EXPRESS (A)
★12:50PM-1:00PM	GLUTES & GUTS (A)

SATURDAY

11:00AM-12:15PM	WEEKEND WARRIOR (B)
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GROUP EX PASSES

SUMMER UNLIMITED*	\$22.50
SINGLE CLASS	\$3

*SUMMER UNLIMITED PASS REDUCED!
TAKE ALL OF THE CLASSES YOU WANT FOR
HALF OF THE PRICE!

★ INDICATES THE CLASS IS FREE!



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GROUP EXERCISE

CLASS DESCRIPTIONS

SUMMER II | JULY 9 - AUGUST 10

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.

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.

CARDIO KICKBOXING/KICKBOXING EXPRESS

KICK, PUNCH, AND GROOVE THE CALORIES AWAY IN THIS INTENSE, ACTION-PACKED, FUN AND EFFECTIVE CARDIO WORKOUT!

PILATES

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

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.

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

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!