| **MONDAY** | 11:30AM-12:30PM | VINYASA FLOW YOGA (B)  
| | ★12:15PM-1:00PM | ZUMBA (A)  
| | 4:45PM-5:15PM | ARMS & ABS (A)  
| | 5:30PM-6:30PM | STRENGTH CIRCUIT (A)  
| | 5:30PM-6:30PM | CORE FLOW YOGA (B)  
| | 6:45PM-7:45PM | ZUMBA (A)  
| | 6:45PM-7:45PM | CYCLE (B)  
| | 8:00PM-9:15PM | YIN YOGA (B)  
| **TUESDAY** | 11:30AM-12:30PM | SLOW FLOW YOGA (B)  
| | ★12:15PM-12:45PM | STRENGTH CIRCUIT (A)  
| | ★12:50PM-1:00PM | HARD CORE (A)  
| | 5:30PM-6:10PM | HIIT (A)  
| | 5:30PM-6:30PM | VINYASA FLOW YOGA (B)  
| | 6:15PM-6:30PM | ROLL & RECOVER (A)  
| | 6:45PM-7:45PM | PILATES (B)  
| | 8:00PM-9:00PM |  
| **WEDNESDAY** | 11:30AM-12:30PM | VINYASA FLOW YOGA (A)  
| | ★12:15PM-12:45PM | CYCLE EXPRESS (B)  
| | ★12:50PM-1:00PM | ARMS & ABS (B)  
| | 4:45PM-5:15PM | GLUTES & GUTS (B)  
| | 5:30PM-6:30PM | ZUMBA (A)  
| | 5:30PM-6:30PM | SHRED (B)  
| | 6:45PM-7:45PM | CORE DE FORCE (A)  
| | 6:45PM-7:45PM | CYCLE & STRENGTH (B)  
| | 8:00PM-9:15PM | YIN YOGA (B)  
| **THURSDAY** | 6:30AM-7:30AM | SUNRISE YOGA (B)  
| | 11:30AM-12:30PM | SLOW FLOW YOGA (B)  
| | ★12:15PM-12:45PM | STRENGTH CIRCUIT (A)  
| | ★12:50PM-1:00PM | HARD CORE (A)  
| | 5:30PM-6:10PM | HIIT (A)  
| | 5:30PM-6:30PM | VINYASA FLOW YOGA (B)  
| | 6:15PM-6:30PM | ROLL & RECOVER (A)  
| | 6:45PM-7:45PM | DANCE FITNESS (B)  
| | 8:00PM-9:00PM |  
| **FRIDAY** | 11:30AM-12:30PM | VINYASA FLOW YOGA (B)  
| | ★12:15PM-12:45PM | STEP EXPRESS (A)  
| | ★12:50PM-1:00PM | ARMS & ABS (A)  
| | 4:15PM-5:15PM | SLOW FLOW YOGA (B)  
| | 5:30PM-6:30PM | ZUMBA (A)  
| | 6:45PM-7:45PM |  
| **SATURDAY** | 10:15AM-11:15AM | DANCE FITNESS (A)  
| | 11:30AM-12:15PM | HIIT (A)  
| | 11:30AM-12:30PM | CORE FLOW YOGA (B)  
| **SUNDAY** | 5:30PM-6:30PM | CYCLE (B)  
| | 6:45PM-7:45PM | ZUMBA (A)  
| | 6:45PM-7:45PM | SLOW FLOW YOGA (B)  

**GROUP EX SPECIALS**  
ALL CLASSES FREE  
MAY 5-11

**GROUP EX PASSES**  
SPRING UNLIMITED $25  
SINGLE CLASS $5

***INDICATES THE CLASS IS FREE!***  
***INDICATES THE CLASS IS NEW!***
SHRED
A full-body strength training workout with movements done to the beat of motivating music.

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 with timed intervals to strengthen muscles using dumbbells, gliders, stability balls, and other equipment.

YOGA
These classes combine poses & stretches to create a mind & body connection. Mats are provided, but we encourage you to bring your own.

**CORE FLOW YOGA: INTERMEDIATE**
This class will guide you through flows at a moderate pace with moves that focus primarily on your core.

**SLOW FLOW YOGA: BEGINNER**
This class will guide you through flows 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 FLOW YOGA: INTERMEDIATE**
This class will guide you through flows at an accelerated pace.

**YIN YOGA: INTERMEDIATE**
Poses are held for 2-5 minutes in this class, allowing joints and fascia to release.

**ZUMBA**
With rhythms set to high-energy Latin and international beats, this class will get your energy levels soaring!

<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 while using a variety of equipment.</td>
</tr>
<tr>
<td>CORE DE FORCE</td>
<td>This mixed martial arts-inspired, total-body workout uses core conditioning combinations, bodyweight moves, and cardio spikes to burn major calories.</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>CYCLE &amp; STRENGTH</td>
<td>A total-body workout with cardio intervals on the stationary cycle bikes and strength training intervals on the floor using body weight and other equipment.</td>
</tr>
<tr>
<td>DANCE FITNESS</td>
<td>A pre-choreographed dance class full of diverse music genres to get you moving and having fun. No dance experience required.</td>
</tr>
<tr>
<td>GLUTES &amp; GUTS</td>
<td>A high energy muscle conditioning class that targets and tones your entire core and lower body.</td>
</tr>
<tr>
<td>HARD CORE</td>
<td>This class incorporates exercises that target your abdominals, obliques, and upper back to help you build a stronger core.</td>
</tr>
<tr>
<td>HIIT</td>
<td>High intensity interval training focused on short, intense activity bursts followed by brief recovery periods to kick your metabolism into overdrive.</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>ROLL &amp; RECOVER</td>
<td>This class will focus on foam rolling and stretching techniques to release muscle tension, lengthen fascia, and improve flexibility.</td>
</tr>
</tbody>
</table>

GROUP EXERCISE CLASS DESCRIPTIONS