

★ Denotes a new class, instructor, or time!

|    | MONDAY                                                  | TUESDAY                                    | WEDNESDAY                                      | THURSDAY                                   | FRIDAY                             | SATURDAY             | SUNDAY                                         |
|----|---------------------------------------------------------|--------------------------------------------|------------------------------------------------|--------------------------------------------|------------------------------------|----------------------|------------------------------------------------|
| PM | 4:30 - 5:30 PM<br>Strength Train<br>(Heather)           | ★ 4:30-5:00 PM<br>HYROX<br>(Chandler)      | 4:30 - 5:30 PM<br>Strength Train<br>(Heather)  | ★ 4:30-5:00 PM<br>HYROX<br>(Chandler)      |                                    |                      | 1:30- 2:15 PM<br>Weekend Warrior<br>(Rotation) |
|    |                                                         | 5:00 - 5:45 PM<br>Barre<br>(Jenny)         | 5:15 - 6:00 PM<br>Yoga<br>(Jenny)              |                                            |                                    |                      | 2:30 - 3:00 PM<br>Boxmaster<br>(Rotation)      |
|    | 6:00-6:45 PM<br>Beginner Step<br>(Becca)                | 5:45 - 6:45 PM<br>Tabata Bootcamp<br>(Viv) | ★ 5:45 - 6:45 PM<br>HIIT<br>(Sydney)           | 5:45 - 6:45 PM<br>Power Dance<br>(Heather) |                                    |                      | ★ 3:00 - 4:00 PM<br>Yoga<br>(Chelia)           |
|    | 5:45 - 6:30 PM<br>BoxMaster<br>(Chandler)               | 5:45 - 6:15 PM<br>BoxMaster<br>(Shaka)     | 5:45 - 6:30 PM<br>BoxMaster<br>(Chandler)      | 5:45 - 6:15 PM<br>BoxMaster<br>(Shaka)     | 5:45-6:30 PM<br>HYROX<br>(Shaka)   |                      | 3:15-3:45 PM<br>Core Challenge<br>(Rotation)   |
|    | 6:00 - 7:00 PM<br>Warm Power Vinyasa<br>Flow<br>(Julie) | 6:00 - 7:00 PM<br>Yoga<br>(Brandi)         | 6:15 - 7:00 PM<br>Yin Yoga<br>(Amy)            | 6:00 - 7:00 PM<br>Yoga<br>(Brandi)         | 6:00 - 7:00 PM<br>Yoga<br>(Chelsa) |                      |                                                |
|    | 5:45-6:15 PM<br>Core Challenge<br>(Sydney)              | 6:30-7:00 PM<br>HYROX<br>(Shaka)           | ★ 5:45-6:15 PM<br>Core Challenge<br>(Ashley W) | 6:30-7:00 PM<br>HYROX<br>(Shaka)           |                                    |                      |                                                |
|    |                                                         | 6:45- 7:45 PM<br>Dance<br>(Becca)          |                                                |                                            |                                    | STUDIO (by color)    |                                                |
|    |                                                         |                                            |                                                |                                            |                                    | Main Exercise Studio |                                                |
|    |                                                         |                                            |                                                |                                            |                                    | Multi-Functional     |                                                |
|    |                                                         |                                            |                                                |                                            |                                    | Mind & Body Studio   |                                                |
|    |                                                         |                                            |                                                |                                            |                                    | Glutes & Abs Lab     |                                                |
|    |                                                         |                                            |                                                |                                            |                                    | HIIT AREA            |                                                |

| Age Guidelines                                                                                                                                                                       |  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Ages 14+ may participate in all Group Exercise classes without a parent or supervising guardian.                                                                                     |  |
| Ages 12-13 may participate in Group Exercise classes without a parent or supervising guardian except classes with weights or cycle classes.                                          |  |
| Ages 8-11 may participate in Group Exercise classes with a parent or supervising guardian except classes with weights or cycle classes.                                              |  |
| Class Descriptions                                                                                                                                                                   |  |
| Barre: Includes components of Pilates, Yoga and Ballet. You'll work your core & tone the entire body from head to toe! (No dance experience required.)                               |  |
| BoxMaster: Boxing style conditioning that caters to all types of fitness levels. Participants will hit every aspect of conditioning while training in an interval format.            |  |
| Cardio Combat: 45 minute class combining mixed martial art athletic drills in a HIIT format with weight and cardio training.                                                         |  |
| Cardio, Core & More: Fun, high-energy class focusing on full body workout using various equipment and formats. (low impact, great starter class)                                     |  |
| Core Challenge- Core and Glute circuit interval training in the Glutes & Abs Lab. Low impact, but effective core toning.                                                             |  |
| Forever Fit: Perfect for older adults This class includes work for all major and minor muscle groups addressing strength, flexibility, muscular endurance, balance and coordination. |  |
| Functional Strength: Fitness for all levels, a combo of mobility and strength training to strengthen for life's every day demands.                                                   |  |
| HIIT (High-Intensity Interval Training) workout consists of short bursts of intense exercise followed by brief periods of rest or low-intensity recovery                             |  |
| HYROX: functional fitness format for every BODY! It incorporates Functional strength training, High Intensity Interval training and Classic endurance.                               |  |
| HYROX PLUS: functional fitness format for every BODY! It incorporates Functional strength training, with cardio endurance PLUS targeted toning.                                      |  |
| Line Dancing: learn a variety of line dances and western struts in this class. It's a fun and very social way to exercise. No partner needed.                                        |  |
| NIA: Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind.                                                                                |  |
| Pilates: A great class consisting of low-impact flexibility and muscular strength and endurance movements to strengthen the core. (low impact, great starter class)                  |  |
| Power Dance: Features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.                    |  |
| Rise & Grind: Get up early and get it! Sports based training incorporating interval training, full-body strength and cardio blasts to get you going early in the day!                |  |
| Sculpt: 60-minute strengthening program hitting all major muscle groups in one class with various types of equipment. (great starter class, low impact)                              |  |
| Sports Conditioning/Weekend Warrior: A combination of aerobic conditioning, strength training, and sports performance enhancement utilizing battle ropes, body weight and more.      |  |
| Step: An aerobic fitness class which is designed to provide people with cardio and strength training utilizing a platform.                                                           |  |
| Strength Train: This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment.                                                     |  |
| Tabata Bootcamp: Advanced, high intensity interval training.                                                                                                                         |  |
| Uppercut & Core: Tone and tighten while focusing on blasting upper body and core with high reps and custom weights.                                                                  |  |
| Warm Power Vinyasa Flow: Not for beginners. Powerful yoga using breath in motion to build strength, flexibility, balance and focus. Full body workout. Be prepared to sweat!         |  |
| Yoga: Bring awareness of your body, breath and movement. Improve strength, flexibility, circulation and well-being while reducing stress.                                            |  |
| Chair Yoga: A gentle form of yoga done while sitting or standing with the support of the chair. Chair yoga poses are especially good for seniors and those who sit for long periods. |  |
| Yoga Flow: Energetic class matching movement to breath with lots of movement!                                                                                                        |  |
| Yoga 101/Gentle Yoga: This is a basic yoga class and includes; breathwork, warmup poses, standing poses, balance work, stretching, and relaxation.                                   |  |